

# Scoliosis



Scoliosis is defined as abnormal curvature of the spine. Oftentimes, it first appears in the adolescent years. Children sometimes find out they have scoliosis during school physicals. It can be detected by observing uneven shoulders heights or a change in posture. Somewhere between three and five of every 1,000 children will develop scoliosis, usually in adolescence. This equates to about half a million adolescents diagnosed every year.

One of the major issues for adolescents with scoliosis is the emotional distress. Adolescent scoliosis can have a devastating effect on a young person's body image and self esteem. Imagine how it would feel having to wear a brace to your first school dance, or undressing with a brace on in gym class in front of your classmates.

It is still unknown precisely what causes scoliosis. Many experts believe scoliosis has a hereditary component. One popular theory suggests scoliosis is caused by the nervous system lagging behind the musculo-skeletal system during the developmental phase of growth. Rapid changes in the body occur during the adolescent phase causing the spine to curve abnormally.

For most young people, treatment options haven't changed much over the past thirty years. The two most commonly used treatments, bracing and spinal surgery, most doctors agree are less than ideal. Chiropractic care offers conservative treatment options through specific spinal adjustments, corrective exercises and electrical stimulation. It is important to have your child screened for scoliosis, so that corrective conservative measures can be undertaken to slow or possibly prevent curve progression.