

# Scoliosis

Where do I start?



## What to Know:

- Scoliosis- sideways curvature of the spine
- When it occurs- during a growth spurt just before puberty
- Who gets it- mostly children between 10-15 years old
- Types-
  - “C” curve- one curve
  - “S” curve- two curves total
- Options-
  - Observation- Your doctor will see you back every 4 to 6 months with new x-rays to see if your curve changes. They will do this until you finish growing.
  - Bracing- If you still have growing left to do, and your curve is big enough, they may suggest you wear a brace to try to keep the curve from getting worse.
  - Surgery- If the curve is large enough, they may recommend surgery to stop it from getting bigger.

For more info about your first orthopedic appointment watch this YouTube video <https://youtu.be/u0RHRtAaWcU>