



CURVE ALERT: What You Should Know About Scoliosis

What Is Scoliosis and How Common Is It?

Scoliosis is a curve in the spine. It is a condition that is found equally in boys and girls ages 10-15; however, the curve tends to increase more often in girls. Approximately two percent of the U.S. population has scoliosis.

What Causes Scoliosis?

The most common form of scoliosis is idiopathic which means “cause unknown.” Scoliosis runs in families.

What Are the Signs and Symptoms of Scoliosis?

Children who have scoliosis usually do not have any pain. Most often, parents, pediatricians or school nurses may notice one or more of the following signs of scoliosis:

- one shoulder blade more prominent
- ribcage shifted to one side
- one shoulder higher than the other
- one leg longer than the other

What Is the Treatment for Scoliosis?

Depending on the size and severity of the curve, scoliosis can be treated in one of three ways:

- regular check-ups with the pediatrician or orthopedic surgeon and X-rays to monitor if the curve is getting larger
- bracing
- surgery

Can Children With Scoliosis Exercise and Play Sports?

Yes, staying active is important to a child’s overall health. There are no exercises, sports or activities that will make scoliosis worse or better.

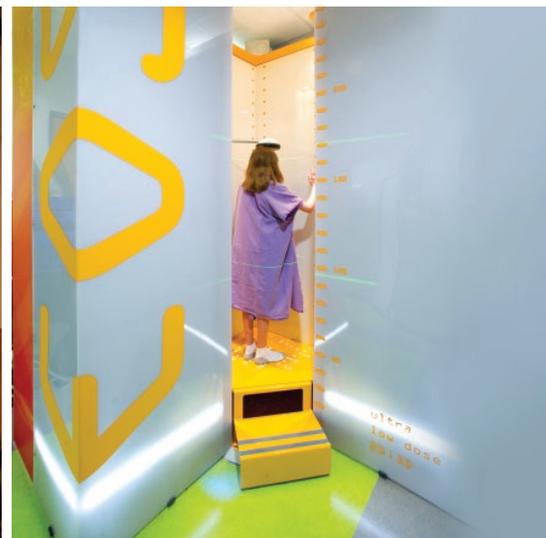
Where Can I Get More Information and Help if I Suspect My Child Might Have Scoliosis?

The Spine and Scoliosis Center at Nemours/Alfred I. duPont Hospital for Children provides a full range of services for children and teens. For more information, visit Nemours.org/spinecenter. For an appointment, call (800) 416-4441.

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Nemours Alfred I. duPont
Hospital for Children



The Spine and Scoliosis Center at Nemours/Alfred I. duPont Hospital for Children

Experience

- high patient volume: 320 spinal fusions and spine surgeries performed annually by The Spine and Scoliosis Center

Recognized National Excellence

- nationally ranked among the best for pediatric orthopedics by *U.S. News and World Report*

Proven Clinical Expertise

- infection rate below national average
- length of stay below national average
- reoperation rate below national average

Safer, Higher Quality Imaging Technology

- The use of Nobel-prize winning EOS technology provides the highest quality 3D X-rays of the spine using the lowest dose of radiation possible.

Patient Satisfaction*

At one-year and two-year postoperative follow-up visits, patients rated their satisfaction with respect to surgical outcome and self-image:

- satisfaction with surgical outcome was rated 4.7 out of 5 for both years
- satisfaction with self-image was rated 4.5 out of 5 for both years

**Scoliosis Research Study, 2011-2012*

Leader in Nonsurgical Management and Surgical Treatment of Scoliosis

- first in the region to use genetic testing to identify the risk for severe curve progression
- developed and patented the Wilmington Brace, that is used worldwide for the nonsurgical management of scoliosis

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