



## FREQUENTLY ASKED QUESTIONS

### 1. What causes scoliosis?

Scoliosis is curvature of the spine. The cause of most childhood scoliosis is unknown and likely involves many different factors. Scoliosis can be hereditary, so a child who has it might have family members who have it too. In some cases, scoliosis may be due to a neuromuscular disorder that affects a child's ability to control the muscles that support their back and spine.

### 2. What is the treatment for scoliosis?

This depends on the child's age and the size of the spinal curve. When scoliosis is mild, it may not require any treatment at all. A scoliosis curve of 10-20 degrees usually means that nothing needs to be done. Scoliosis can get worse during growth spurts, so regular checkups are needed until the child goes through puberty and stops growing. If the curve is 20-45 degrees, the orthopedic provider may suggest nonoperative treatment such as casting, bracing or Schroth physical therapy. If the scoliosis curve is greater than 45-50 degrees, it may mean that surgery is necessary.

### 3. Are there any sports or activities that I should avoid with my scoliosis?

There are no exercises, sports or activities that will make scoliosis worse. In fact, we encourage your child to be active for their physical and emotional well-being.

### 4. Does scoliosis cause back pain?

Adolescents with scoliosis have a higher incidence of back pain when compared with adolescents without scoliosis. Exercises that can help to strengthen your stomach and back muscles, such as Pilates, yoga and swimming can help relieve back pain.

### 5. Will my scoliosis continue to get worse over time?

Scoliosis can get worse during growth spurts, so your orthopedic provider will monitor your child closely during their active growth years. After your child stops growing, mild or moderate scoliosis usually doesn't get worse over time. However, severe scoliosis may continue to worsen, so surgery is usually recommended.

Visit [akronchildrens.org/spine](https://akronchildrens.org/spine) for additional information.