

Scoliosis

Mark Locke, MD

mark.locke@mooreclinic.com

Your curve is ____ degrees

Scoliosis is a curvature of the spine. The curve may be shaped like a C or an S instead of being straight. Scoliosis may be present at birth or can occur in children with neuromuscular disorders such as cerebral palsy, muscular dystrophy, or hypotonia. Most cases of scoliosis occur in healthy children and the cause is unknown. If your doctor is worried about other serious causes for your child's scoliosis, he will order an MRI. Scoliosis may be genetic and or run in the family. The curvature begins sometime before and during the growth spurt in adolescence. It is most common in females, however it affects males also. Often the curvature is so mild it will go unnoticed. Parents should watch for uneven shoulders, prominent shoulder, uneven waist, elevated hips and leaning to one side. A crooked hemline may be an indicator.

Scoliosis is usually progressive so early detection and treatment is important. Treatment depends on how severe the scoliosis is, and the age of the person. Spinal curves are measured in degrees. If your child's curve is mild, 0-15 degrees, your doctor will monitor with x-rays every 4-6 months. If your child's curve is 15-30 degrees in most cases we will have a brace custom made for your child.

There are different braces that are worn at different times of the day. The TLSO and Boston brace are worn for 8-16 hours a day. If only 8 hours are recommended the brace may be worn at night. If the brace is to be worn for 16 hours a day, the best way to do this is wear it 8 hours at school and sleep in it for 8 hours at night. The Charleston Bending Brace is worn for 8-10 hours at nighttime only. For certain curves, the nighttime brace does not work; therefore, your child must wear the brace during the day. Your doctor will recommend which brace is best for your child.

The purpose of wearing a brace is to stop your child's curve from worsening and to prevent surgery. The more your child is in the brace the better. A brace helps stop progression (curve getting worse) during the years of rapid growth; however there are no guarantees. Wearing a brace is not easy for a teenager. It is worn under the clothes and can soon become a part of a daily routine. There are no restrictions on your child's activities, unless your doctor says otherwise. Wearing a brace should not interfere with hobbies, sports, activities and PE. If your child's curve reaches 40 degrees your doctor may recommend surgery. Severe cases of scoliosis without treatment can lead to chronic pain and deformity.

My Website Address: <http://www.marklockemd.com>

Additional Great Website Resources: <http://www.iscoliosis.com>



Dr. Locke's clinical care team

Tammie Gillam 227-8176
tammie.gillam@mooreclinic.com

Lacey Davis 227-8158
lacey.davis@mooreclinic.com