



Scoliosis is a curvature of the spine to the side. It can affect any part of the spine, but the most common is thoracic or lumbar scoliosis. Diagnosis is made through physical exam and imaging (X-ray and/or MRI, CT scan).

CAUSES

- Often, the cause is unknown
- Congenital (present at birth because the bones of the spine developed abnormally when the fetus was growing)
- Disease that causes muscular dysfunction and imbalance
- Poor posture
- Leg length discrepancy
- Degenerative changes of the spine

SYMPTOMS:

- Often, there are no signs or symptoms
- Unequal size of one body side compared to the other
- Visible curvature of the spine
- Pain
- Limited physical activity
- Shortness of breath
- Bowel or bladder issues

TREATMENT

- Varies depending on the nature, extent and severity of the disease
- Observation
- Bracing to prevent progression
- Physical therapy
- Surgery, primarily only for very severe cases

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain that is not relieved with rest or medicine
- Your legs feel weak or you lose function in your legs
- You develop loss of bowel or bladder function