

Know The Facts

What is it?

Scoliosis is when there is a curvature of the spine. A curve can develop at any part of the spine and can be either a single curve or multiple curves resulting in a 'C' or 'S' shape. It is **not a disease**. Nor does it develop because of anything a person did or did not do.

Signs & Symptoms

- One shoulder or hip higher than the other
- A visible curve in the spine
- A rib hump or one shoulder blade sticking out
- Leaning to one side

How to Check for Scoliosis

Try the **Adams Forward Bend** Test:

1. Bend forward with straight legs and arms.
2. Look for an uneven rib hump or curve in the spine.
3. If you notice a difference, **see a doctor**.

Who Can Be Affected?

Babies & Children: Can be present from birth or develop before puberty.

Teens (10–15 years old): Most common age for diagnosis, affecting more girls than boys.

Adults: Can be a continuation from childhood or develop later due to aging.

Treatment

- **Monitoring:** Small curves may not need treatment but should be checked regularly.
- **Bracing:** Used to prevent worsening in growing children.
- **Non-surgical:** Pain management, physiotherapy, and staying active.
- **Surgery:** Only needed for severe curves at risk of progression.

Need Support?

- 📞 **Helpline:** 020 8964 1166
- 🌐 **Website:** www.ssr.org.uk
- 📱 **Socials:** @Scoliosis_SR

