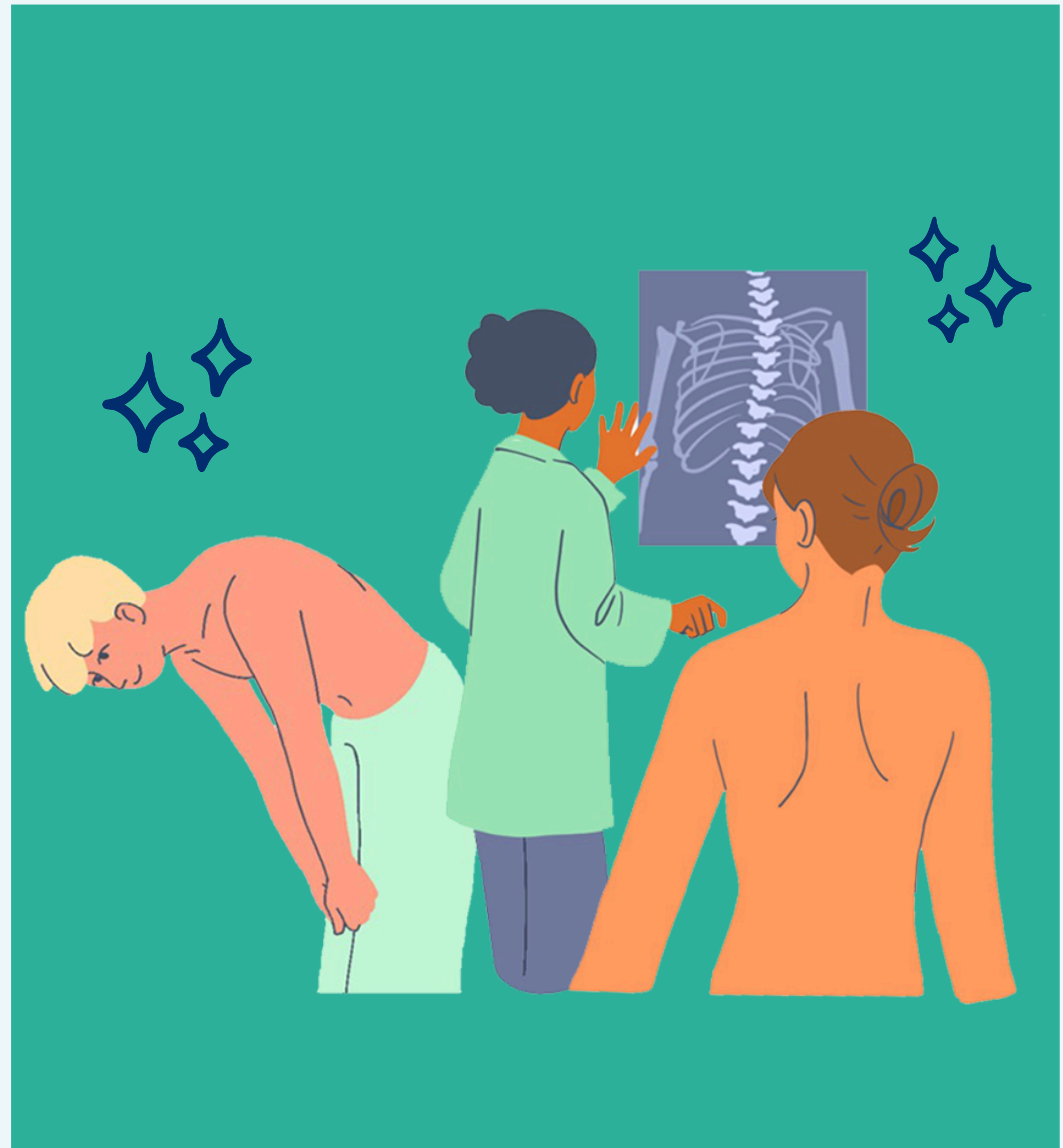


Let's Talk About Scoliosis

ssr.org.uk

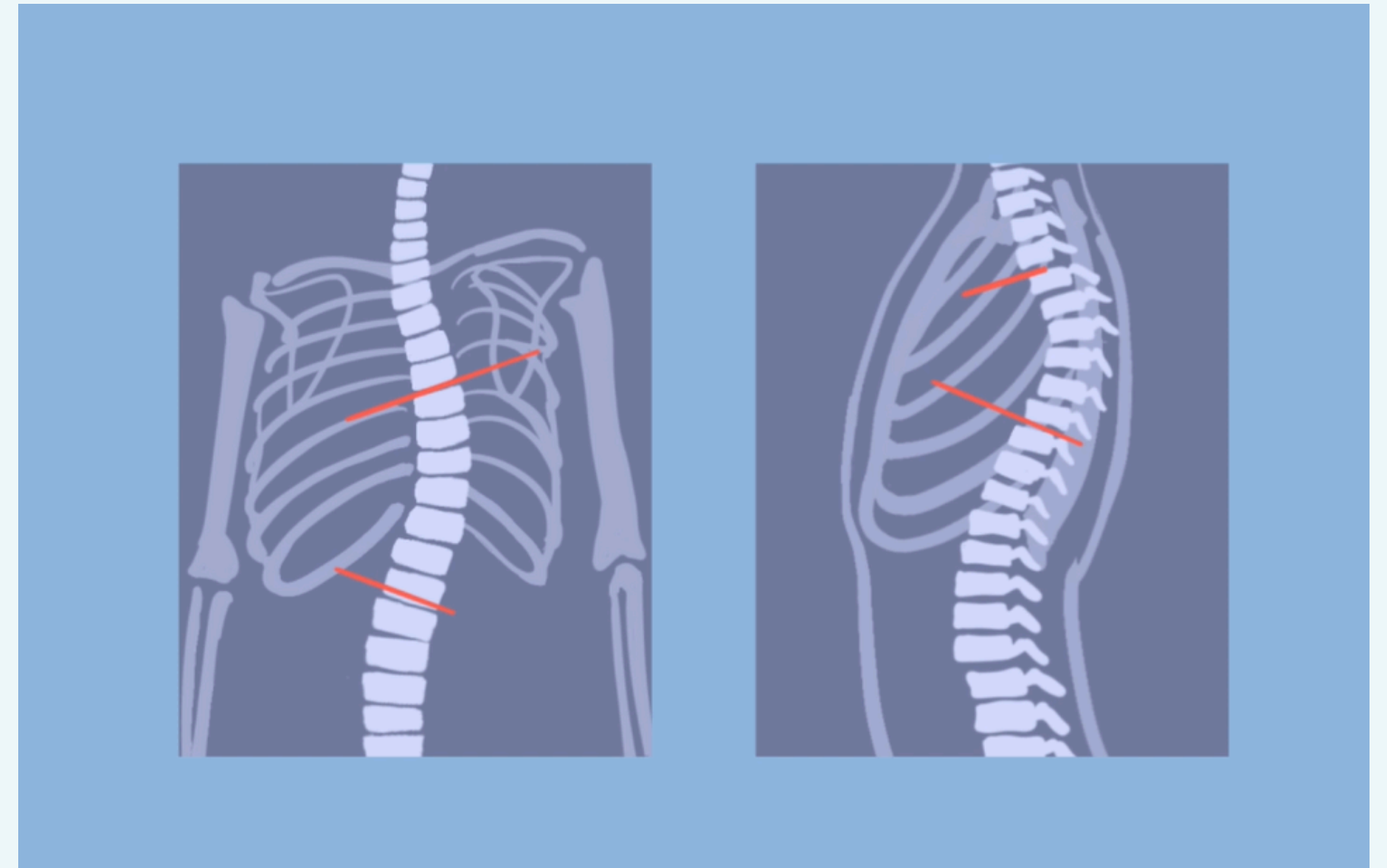


What is Scoliosis?

- Scoliosis is when the spine curves and sometimes twists. – like an “S” or “C” shape.
- It can happen at any age, but is most common in children and teens.
- It’s not a disease and you can’t catch it.
- It’s more common in girls than in boys.
- About 2–3 out of every 100 people have scoliosis.
- Some people don’t even notice it, while others may need treatment.

How it can look:

- One shoulder may be higher than the other.
- A hip may stick out more.
- The ribcage or shoulder blade may stick out a little.



Types of Scoliosis

Congenital / Early Onset

- Starts before birth or in young children.
- Caused by the spine not forming properly.

Adolescent Idiopathic Scoliosis (AIS)

- The most common type.
- Usually happens between ages 10–15.
- Cause is often unknown.

Degenerative (Adult) Scoliosis

- Happens as people get older.
- Caused by the spine and joints wearing down.

Neuromuscular Scoliosis

- Linked to muscle or nerve conditions (like cerebral palsy or muscular dystrophy).

Syndromic Scoliosis

- Part of a wider condition or syndrome (like Marfan or Ehlers–Danlos).

Scheuermann's Kyphosis

- A condition where the spine bends forwards instead of sideways.
- Usually shows up in teenagers.



Famous People with Scoliosis

🏃 Usain Bolt – Olympic sprint legend who won gold medals while managing scoliosis.

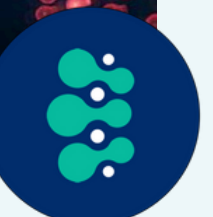
👑 Princess Eugenie – Had surgery at age 12 and now speaks out about scoliosis.

🏰 King Richard III – Lived with scoliosis 500 years ago but still ruled England and fought in battles.

💃 Gabby Allen – Dancer and reality TV star (Love Island & Celebrity Big Brother).

📺 Grace Tutty – TikTok creator who shares fashion, lifestyle, and mental health content.

🎬 Naomie Harris – Actress known for Pirates of the Caribbean and the James Bond films.



How to Check for Scoliosis

- 💡 Use the ABCD of Scoliosis – an easy way to spot signs early:
- A – Asymmetry → Shoulders, hips, or waist look uneven
 - B – Bend Forward → When bending, ribs or back may look uneven
 - C – Check for Curve → A spine that looks like an “S” or “C” shape
 - D – Diagnosis → Only a specialist can confirm it with an X-ray

Why it Matters

- Catching scoliosis early means treatment can start sooner.
- Early treatment can sometimes stop the curve from getting worse and may help avoid surgery.

What to Do

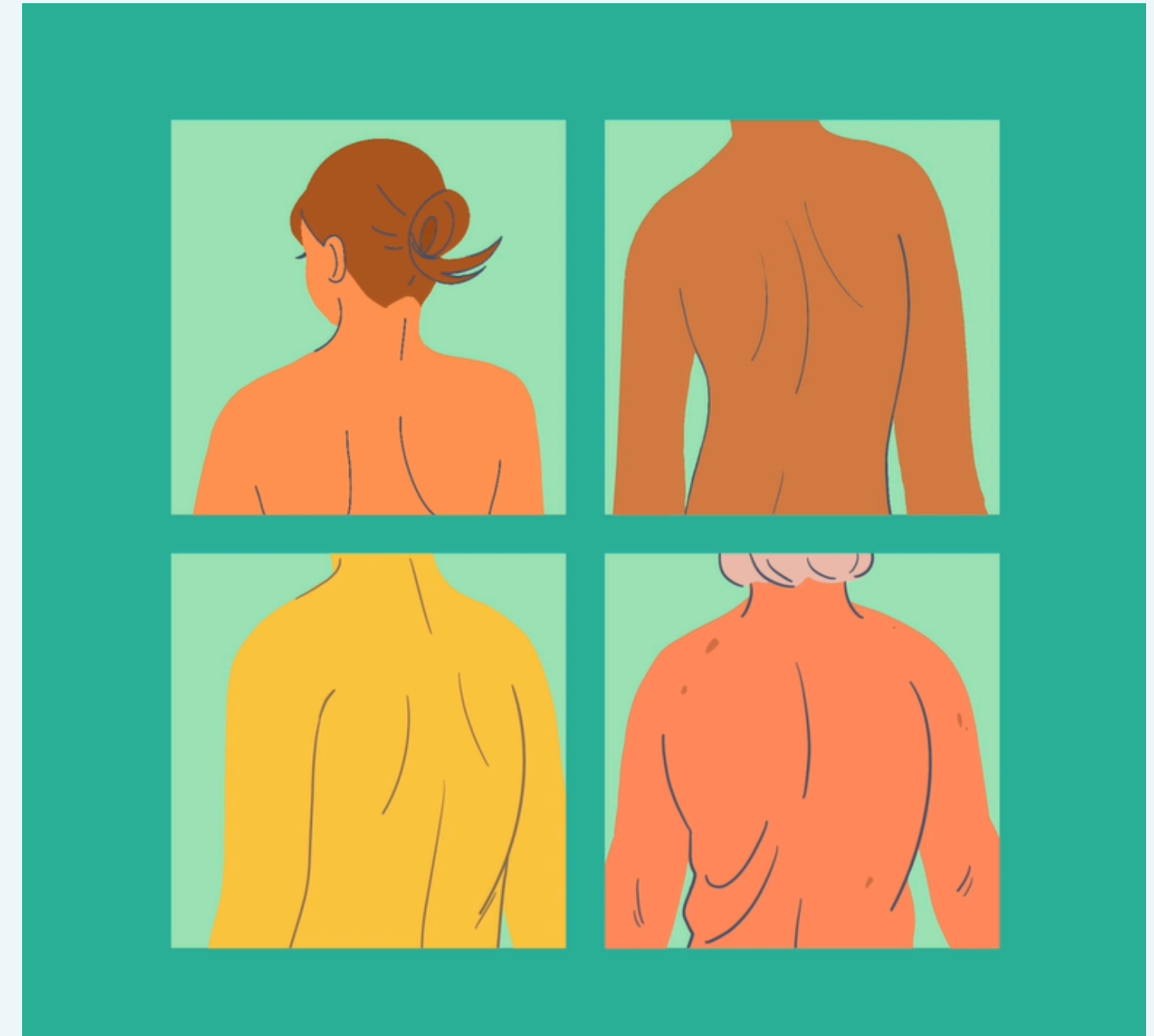
- If you spot signs, tell a parent, guardian, or teacher.
- A doctor can check and, if needed, refer to a scoliosis specialist.





Treatments for Scoliosis

- Small curves → Usually just regular check-ups to make sure the curve doesn't get worse.
- Bracing → A special brace worn for several hours a day while growing; helps stop the curve from getting worse.
- Surgery (Spinal Fusion) → Rods and screws straighten and hold the spine in place; used for bigger curves.
- Every spine is different → Treatment depends on the person and how their curve changes.



What can YOU do?

Be observant 👁️

- Notice uneven shoulders, hips, or a bump.
- Tell a trusted adult if you see something.

Talk about it 💬

- Chat with friends or family.
- Remind them that scoliosis is not anyone's fault.

Raise awareness 📣

- Make posters, videos, or school projects to spread the word.

Ask questions ❓

- If you're worried, ask a teacher, parent, or nurse.
- Speaking up helps spot scoliosis early.



Thank You!

