

# Scoliosis in School: How to Help

## Supporting a Student Without a Brace

### Encouragement & Understanding

- Be empathetic to discomfort or challenges.
- Explain scoliosis to peers where appropriate, for example through PSHE lessons or brief discussions, so classmates are more understanding and supportive.

### Exercise & Physical Activity

- Encourage students to complete any prescribed exercises or physiotherapy during school hours, using school facilities if possible.
- Promote general physical activity, as students with mild curves are usually encouraged to stay active.

### Open Communication

- Create a safe and supportive environment where students feel comfortable discussing their scoliosis and how it affects them.
- Regular check-ins with teachers or tutors can help students feel understood and supported.

### Educate Peers & Promote Empathy

- Provide information to classmates about scoliosis to reduce stigma and increase understanding.
- Encouraging peer awareness helps students feel supported and reduces the need for repeated explanations about their condition.





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### Uniform Adjustments

- Make comfort-based changes to the uniform if needed, such as allowing alternative clothing options for ease of movement or to avoid discomfort.

### Seating Arrangements

- Provide supportive chairs or stools where possible.
- Ensure suitable seating is readily available for each lesson to avoid the student needing to request it repeatedly.

### Putting On & Taking Off the Brace

- Offer a private space for putting on or removing the brace.
- Ensure enough room is available for students who may need to lie down to adjust their brace comfortably.

### Brace Storage

- Provide secure storage for the brace during PE, lunch, or other times.
- Ensure the storage is convenient and discreet to reduce feelings of awkwardness or worry.





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## Supporting a Student Recovering from Surgery

### Physical Limitations & Gradual Reintegration

- Allow time to recover and gradually return to school activities.
- Students may tire quickly, have limited mobility, and need help with heavy items.
- Adjustments may include half-days, nearby lockers, reduced walking, and avoiding PE initially.

### Physiotherapy & Movement Support

- Encourage gentle exercises and safe movement, allowing breaks to stand, sit, or recline as needed.

### Emotional Support

- Daily check-ins and a supportive peer group can help with frustration and slow recovery.

### Collaboration with Parents, Nurses & Specialists

- Create a return-to-school plan tailored to the student's needs.
- Confirm any restrictions on lifting, sitting, or activity levels.

### Practical Support

- Help students move safely around school, including stairs and long corridors.
- Allow short, gentle periods of sitting and avoid heavy lifting for the first weeks.
- Encourage warm, comfortable clothing and let students adjust positions as needed.

### Key Points for Teachers & Parents

- Follow healthcare guidance for activity levels.
- Encourage gentle mobility without overexertion.
- Emotional support is as important as physical support.

