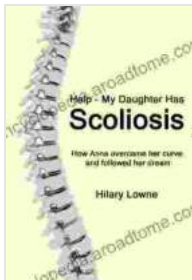


Help! My Daughter Has Scoliosis: A Guide for Parents on Treatment Options, Emotional Support, and What to Expect

Scoliosis is a condition that affects the spine, causing it to curve to the side. It is most commonly diagnosed in girls between the ages of 10 and 15. While scoliosis can be a serious condition, it can be effectively treated with the right care.

This article provides parents with a comprehensive guide to scoliosis, including information on:



Help – My Daughter Has Scoliosis by Hilary Lowne

★★★★☆ 4.6 out of 5

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- The different types of scoliosis
- The causes of scoliosis
- The symptoms of scoliosis
- The diagnosis of scoliosis

- The treatment options for scoliosis
- The emotional support available for parents and children with scoliosis
- What to expect if your child has scoliosis

The Different Types of Scoliosis

There are three main types of scoliosis:

- **Idiopathic scoliosis:** This is the most common type of scoliosis, and it is the type that is most often diagnosed in children. Idiopathic scoliosis is a condition in which the spine curves to the side for no known reason.
- **Congenital scoliosis:** This type of scoliosis is present at birth and is caused by a birth defect. Congenital scoliosis is less common than idiopathic scoliosis.
- **Neuromuscular scoliosis:** This type of scoliosis is caused by a neuromuscular condition, such as cerebral palsy or muscular dystrophy. Neuromuscular scoliosis is the least common type of scoliosis.

The Causes of Scoliosis

The exact cause of idiopathic scoliosis is unknown. However, there are a number of risk factors that can increase the likelihood of developing this condition, including:

- **Family history:** Children who have a family history of scoliosis are more likely to develop the condition themselves.
- **Gender:** Girls are more likely to develop scoliosis than boys.

- **Race:** White children are more likely to develop scoliosis than black children.
- **Age:** Scoliosis is most commonly diagnosed in children between the ages of 10 and 15.

The Symptoms of Scoliosis

The most common symptom of scoliosis is a curvature of the spine. This curvature can be mild or severe, and it may be visible to the naked eye. Other symptoms of scoliosis can include:

- Uneven shoulders
- Uneven hips
- A rib hump on one side of the back
- Back pain
- Difficulty breathing
- Fatigue

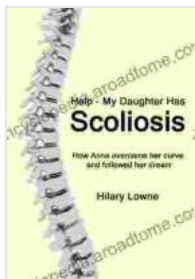
The Diagnosis of Scoliosis

Scoliosis is diagnosed with a physical examination and an X-ray of the spine. The physical examination will allow the doctor to assess the curvature of the spine and to look for other signs of scoliosis. The X-ray will allow the doctor to see the extent of the curvature and to determine if there are any other underlying conditions that are causing the scoliosis.

The Treatment Options for Scoliosis

The treatment for scoliosis depends on the severity of the curvature. Mild scoliosis may not require any treatment, while severe scoliosis may require surgery. The following are some of the treatment options for scoliosis:

- **Observation:** If the curvature of the spine is mild, the doctor may recommend observation. This means that the child will be monitored regularly to see if the curvature is progressing. If the curvature does progress, the doctor may recommend further treatment.
- **Bracing:** A brace is a device that is worn on the outside of the body to help correct the curvature of the spine. Braces are most effective in children who are still growing.



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