



Hampton City Schools Administrative Center

ONE FRANKLIN STREET

Hampton, Virginia 23669-3570

Scoliosis Information for Parents

In accordance with Virginia State law, parents of students in grades five through ten will receive this yearly information sheet containing important facts about scoliosis and scoliosis screening.

Scoliosis is an abnormal curvature or turning of the spine. According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), "of every 1000 children, 3 to 5 develop spinal curves that are considered large enough to need treatment." If left untreated, scoliosis can progress to a serious problem, causing back pain and degenerative arthritis of the spine. It may lead to disk disease or sciatica. It can also threaten the psychological well-being of a young adult when there is an obvious deformity. Although scoliosis may result from an injury, a birth defect, or a crippling disease, 80-85% of cases are from unknown causes and develop after the age of 10. It may run in families and affects girls seven times more often than boys. Early detection and intervention may prevent further structural deformity and resulting secondary problems.

Scoliosis screening is an observation of the student's spine while standing as well as performing a forward bend. A physician may use several of the following procedures to diagnose scoliosis: medical history, physical exam, x-ray evaluations, and curve measurements. A scoliometer, a device for measuring the amount of abnormal curvature in the spine, may also be used during screening. If a diagnosis of scoliosis is made, a doctor will recommend the best treatment for your child. Treatment for scoliosis runs the gamut between no treatment needed to bracing of the spine to spinal fusion surgery.

Since the development of scoliosis is gradual and usually painless, scoliosis may develop without the parent or child being aware. It is important for parents to monitor their child's development during these growing years. The signs of scoliosis may include uneven shoulders, a shoulder blade that appears more prominent than the other, uneven waistline, one hip higher than the other, and/or a leaning to one side. If you have concerns about your child's spinal health, contact your school nurse or your healthcare provider.

www.niams.nih.gov/Health_Info/Scoliosis/default.asp

HCS does not discriminate on the basis of race, color, national origin, sex, disability, age or other protected classes in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Robbin G. Ruth, Executive Director, Human Resources - One Franklin Street, Hampton, VA 23669 - (757) 727-2000

"Every Child, Every Day. Whatever it takes."

www.hampton.k12.va.us