

Scoliosis is an excessive backwards or sideways curvature of the spine.

What to look for

- the entire body seems to tilt to one side.
- the shoulders, hips and legs appear uneven.
- from the front the ribs appear more prominent.

Scoliosis is a progressive sideways curvature of the spine. People with scoliosis have an S bend curve to their spine.

This is not usually a painful condition but it can cause problems later on if not treated such as - arthritis, disk and other back problems. In severe cases the heart and lungs are affected.

Causes

it is not known exactly what causes this condition but genetics may play a part according to researchers. Children who have suffered from diseases of the muscles, bones, or nervous system, such as polio or cerebral palsy, may also develop scoliosis.

Traditional Treatment

The standard treatments for scoliosis are exercise, orthopaedic bracing, and in severe cases, surgery. It is important for treatment to begin early.

When to seek further professional advice

- you see any of the symptoms listed in the description section.