

Correction and Treatment

- For mild cases, regular follow-up and suitable exercise to strengthen the muscles are sufficient
- Severe cases will be referred to specialists for treatment and correction



Back Care for Children

- Maintain a good posture at all times
- Seek advice from medical professionals if scoliosis is suspected
- Visit the Student Health Service Centre of the Department of Health regularly



SCOLIOSIS



Scoliosis



- It means a lateral curvature of the spine or backbone
- It usually occurs during early adolescence
- Girls have a higher chance of deterioration than boys
- Most cases of scoliosis are mild. Only about 10% require treatment

Causes

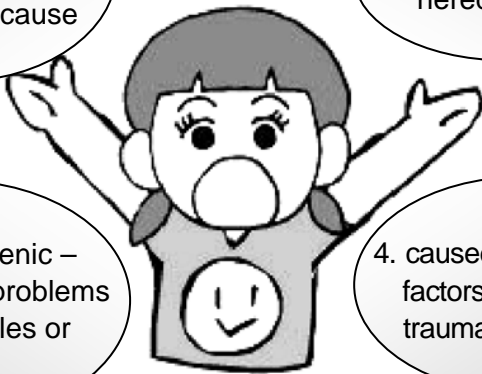
- Scoliosis can be :

1. idiopathic – most cases have no obvious cause

2. congenital or hereditary

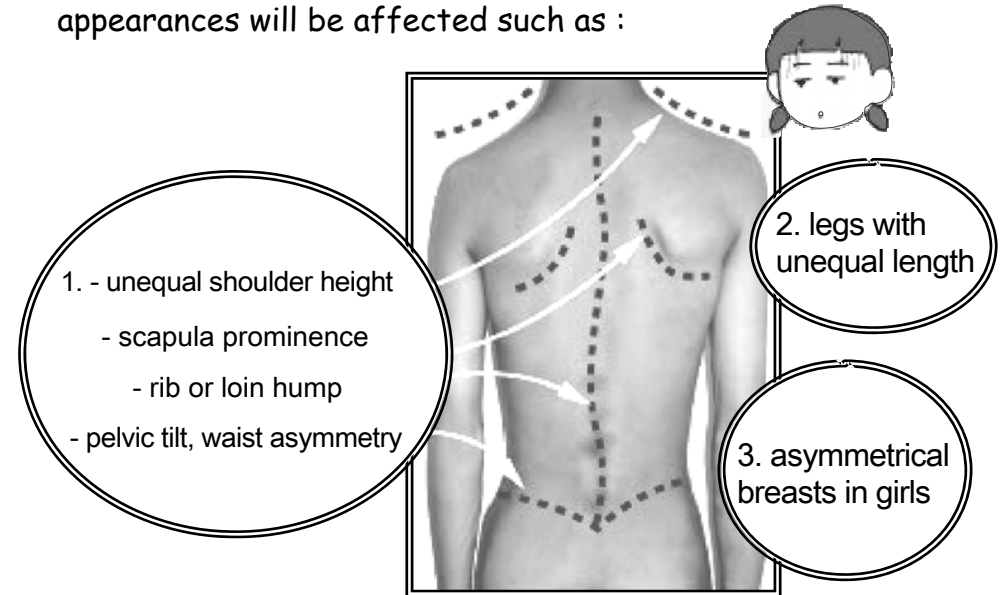
3. neuromyogenic – caused by problems of the muscles or nerves.

4. caused by other factors e.g. infections, trauma



Signs and Symptoms

- Scoliosis is not easily detected in the early stage
- When the curve of the spine progresses, the external appearances will be affected such as :



Effects of Severe Cases of Scoliosis

- Affect appearance
- Backache
- May affect heart and lung functions due to reduced thoracic capacity



Do not neglect Scoliosis !!!