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Scoliosis

Patient name: _____

Admission: _____

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- I. The client/caregiver can define scoliosis.**
- Scoliosis is when there is a curve of the spine to one side. Two curves in opposite directions may be present.
 - Most children diagnosed with scoliosis have a mild curve—less than 20 degrees.
 - The onset of scoliosis is rare in adults.
 - It is the most common spinal deformity.
- II. The client/caregiver can list methods used for detection of scoliosis.**
- Most public schools check for scoliosis in grade school.
 - Ask your physician for a routine exam at regular check-ups.
 - Have x-rays as indicated.
- III. The client/caregiver can list signs and symptoms of spine curvatures.**
- Signs of scoliosis are
 - Uneven shoulders
 - One shoulder blade that appears more prominent than the other
 - An uneven waist
 - One hip higher than the other
 - Leaning to one side
 - Severe scoliosis can cause back pain and difficulty breathing.
- IV. The client/caregiver can list risk factors for scoliosis.**
- The cause is unknown.
 - Scoliosis is often noticed before or during adolescence.
 - Growth is the biggest risk factor for worsening of curve.
 - Most forms of scoliosis are more common in girls.
 - The greater the curve when discovered, the more likely it will worsen.

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- Curves in the upper spine are more likely to increase.
 - Scoliosis runs in families.
- V. The client/caregiver can list possible complications of scoliosis.**
- Lung and heart damage
 - Back problems
 - Impaired body image
- VI. The client/caregiver can list methods of treatment.**
- Regular systematic observations to measure changes
 - Use of brace
 - Surgery
 - Emotional support and learned coping skills for client
 - Support groups for parents to help them learn ways of helping child

RESOURCES

National Scoliosis Foundation
781-341-6333
www.scoliosis.org/

The Scoliosis Association, Inc.
800-800-0669

REFERENCES

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