



## Scoliosis



### Overview

Your doctor has looked at your back and says something isn't quite right. Your back is curved instead of being straight. The doctor calls it "scoliosis." What does that mean, exactly? Well, let's learn about it together.

### Your spine

Scoliosis affects the bones of your spine. That's the stack of bones that goes all the way up through your back and neck. When you look at someone's spine from behind, it should go straight up. But if you have scoliosis, the spine curves to the side.

### How do you get it?

How do you get scoliosis? We don't always know. You can be born with it. It can be passed down to you from your parents. It can happen if you've hurt your back. And, it can happen if you have some other problem with your spine.

### Slow change

Scoliosis changes your spine very slowly. In fact, you can have it for a long time and not even know it. But with some kids, the spine gradually curves a lot. It starts to look like the letter "C" or the letter "S." This causes problems in your body.

### Taking care of you

Most kids who have scoliosis don't need any treatment. The doctor watches your spine closely to make sure it's not getting worse. Some kids who have scoliosis wear a special back brace. Your doctor will tell you what you need to do to stay healthy.