

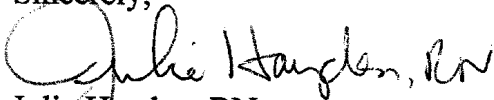
Bishop O'Connell High School

A Recognized School of Excellence

Dear Parents,

The State of Virginia now requires that schools provide parents of students in grades 5 through 10 with information about scoliosis. Please take the time to read the following information and if you have any questions, please call the school clinic or call your student's primary care physician directly.

Sincerely,


Julie Hayden, RN

What is scoliosis?

Scoliosis is a condition in which the spine curves abnormally from side to side rather than being straight.

What causes scoliosis?

Scoliosis occurs in otherwise healthy children and can be a serious health problem if it becomes severe. It generally occurs during the growing years, especially during the growth spurt from 10 to 17 years of age. Scoliosis is more frequently noted in females and when there are other affected family members. It is not caused by anything a child or his/her parents did or failed to do, although a minority of cases are associated with other medical conditions. Early detection is essential to help avoid complications that include back pain, fatigue, reduced exercise tolerance, deformity, and in severe cases, problems in heart and lung function.

How is scoliosis treated?

In mild cases that are not progressing, no treatment may be needed. In other cases treatment may involve wearing a brace or even surgery if the situation warrants. The need for treatment is best determined by a trained medical professional.

How do I know if my child has scoliosis?

A quick screening test can be performed at home and if you can answer yes to any of these questions, you should consult your child's physician.

Direct your child to stand up straight, barefoot, with arms hanging freely at the sides. Boys should stand with shirts off; girls may wear a halter/bathing suit top.

1. Is one shoulder higher than the other?
2. Is one shoulder blade more prominent?
3. Does the spine seem to curve sideways?
4. Is one hip higher than the other?

Direct your child to bend forward at the waist and arms extended toward the floor.

5. Is there a hump in the rib region?

