

Parents Reading: Watch Your Child's Back

Scoliosis can be a terrifying word for parents and patients, part of it is because they may have misconceptions towards the condition.

“If we clear up the common misconceptions, scoliosis is actually a quite manageable condition, especially if diagnosed early,” said Dr KL Liu, specialist in Orthopaedic and Traumatology.

Roundback equals to scoliosis?

Postural roundback and scoliosis are entirely different. When scoliosis develops, the spine bends sideways and rotates along its vertical axis. Whereas postural roundback is due to the lack of strength of the muscles, the spine doesn't rotate. It can be corrected by exercise.

Bad posture leads to scoliosis?

Adopting a poor posture, carrying heavy schools bag, sleeping on your side, all these factors do not lead to scoliosis. No scientific study has proven external pressures will cause spinal deformity.

Crossing your legs can help relieve scoliosis?

Rumor has it that if your spine is curved to the left, you can cross your legs more to the right side, it will balance out the curve. The truth is crossing your legs will only affect the joints of the leg and pelvis, thus has nothing to do with the spine.

Scoliosis is preventable?

There is no prevention, once child is diagnosed with scoliosis, there are measures to prevent progression of the curve.

Sports are dangerous?

Sports are generally safe for child with scoliosis. It will help strengthen their muscles that support the spine and support overall health. It is also recommended that patients should maintain a healthy lifestyle, have adequate calcium intake to keep their bones healthy. It can also help prevent scoliosis from worsening.

Simple Back Checks for Child



1. Take off the child's top, and have them stand with their feet together.
2. Look at the child from behind, and check for signs such as uneven shoulder, levels and protruding shoulder blades.
3. Pay attention to the back, any asymmetry in the waistline contour or a tilted pelvis.
4. Ask the child to bend forward so you can check if the ribcage protrudes significantly.



Scoliosis causes back pain?

Mild to moderate scoliosis typically does not cause back pain and will not cause compression onto the nerves or the heart and lung. Only very severe scoliosis curves will cause heart and lung problems.

Take home message: 3 “O” in treating scoliosis of growing children

Observation: for mild curves at 10 – 20 degrees, closely monitor and a regular check-up every 4 – 6 months is sufficient.

Orthosis: for moderate curves between 20 – 45 degrees, wearing well-fitted corrective braces can prevent curve progression.

Operation: Severe curves of over 45 degrees, surgery is recommended to correct the curve.

Although the majority of the scoliosis cases are not severe, parents should be aware of any anatomical changes in their children.