



## Scoliosis

The following excerpt has been taken from the National Library of Medicine (National Institutes of Health) website: <http://www.nlm.nih.gov/medlineplus/scoliosis.html>

Scoliosis causes a sideways curve of your backbone, or spine. These curves are often S- or C-shaped. Scoliosis is most common in late childhood and the early teens, when children grow fast. Girls are more likely to have it than boys. It can run in families. Symptoms include leaning to one side and having uneven shoulders and hips.

Sometimes the curve is temporary. It might be due to muscle spasms, inflammation or having different leg lengths. A birth defect, tumor or another disease might cause the spine to have a curve that isn't temporary. People with mild scoliosis might only need checkups to see if the curve is getting worse. Others might need to wear a brace or have surgery.

## Websites

<http://www.teenscolinet.org/>

### **Adolescent Scoliosis Society of North America**

PO Box 1178

Rocky Mount, NC 27802-1178

This site offers general information on scoliosis, links to helpful web sites, a short list of recommended physicians that have worked with the Society, and some patient stories.

<http://www.scoliosis.org/>

### **National Scoliosis Foundation**

5 Cabot Place

Stoughton, MA 02072

Phone: 800-673-6922 (Toll-free)

E-mail: [NSF@scoliosis.org](mailto:NSF@scoliosis.org)

The National Scoliosis Foundation is a patient-led non-profit organization dedicated to helping children, parents, adults and healthcare providers with the complexities of scoliosis.

<http://www.scoliosis-assoc.org/>

### **The Scoliosis Association: An International Information and Support Group**

P.O Box 811705  
Boca Raton, FL 33481  
Phone: 561-994-4435, 800-800-0669 (Toll-free)  
Email: [scolioassn2@aol.com](mailto:scolioassn2@aol.com)

The Scoliosis Association has information hotlines and 54 support groups throughout the U.S. and Canada.

<http://www.srs.org/>

**Scoliosis Research Society**

555 East Wells Street, Suite 1100  
Milwaukee, WI 53202-3823  
Phone: 414-289-9107  
Email: [info@srs.org](mailto:info@srs.org)

Scoliosis Research Society is a professional organization, made up of physicians and allied health personnel, whose primary focus is on providing continuing medical education for health care professionals and on supporting research in spinal deformities.

[http://www.familyvillage.wisc.edu/lib\\_scoliosis.html](http://www.familyvillage.wisc.edu/lib_scoliosis.html)

**Family Village: Scoliosis**

This page lists online resources for scoliosis.

[http://kidshealth.org/kid/health\\_problems/bone/scolio.html](http://kidshealth.org/kid/health_problems/bone/scolio.html)

**KidsHealth: Scoliosis**

This page has general information on scoliosis, including diagnosis and treatment, written for children.

<http://www.mayoclinic.com/health/scoliosis/DS00194>

**Mayo Clinic: Scoliosis**

This page discusses symptoms, causes, risk factors, tests and treatments for scoliosis.

<http://www.nlm.nih.gov/medlineplus/scoliosis.html>

**MedlinePlus: Scoliosis**

This page has general information on scoliosis, including diagnosis, treatment, and research.

<http://orthoinfo.aaos.org/topic.cfm?topic=A00353>

**OrthoInfo: Idiopathic Scoliosis in Children and Adolescents**

This page has general information on scoliosis, including diagnosis and treatment, from the American Academy of Orthopaedic Surgeons.

## **Internet Forums**

<http://health.groups.yahoo.com/group/scoliosis-in-children/>

**Yahoo's Groups: Scoliosis in Children**

This discussion group offers a place to talk about how to cope with scoliosis.

<http://health.groups.yahoo.com/group/Scoliosis-Medical/>

**Yahoo! Groups: Scoliosis – Medical**

This group is for the discussion of accepted medical treatments of scoliosis. Also included are the subjects of flat back syndrome and chronic pain management.

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