

Scoliosis Facts

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Idiopathic scoliosis (IS) is an abnormal curvature of the spine that usually appears in early adolescence or during periods of growth.

Idiopathic definition: Cause unknown



80%
of scoliosis cases are **idiopathic**



8:1 ratio

of girls to boys who require intervention.

(Scoliosis can continue to progress 1-2 degrees per year in adulthood)

In Quebec...

1-4% will be diagnosed with scoliosis.

That is about...

82 500 – 330 000 Quebecers.

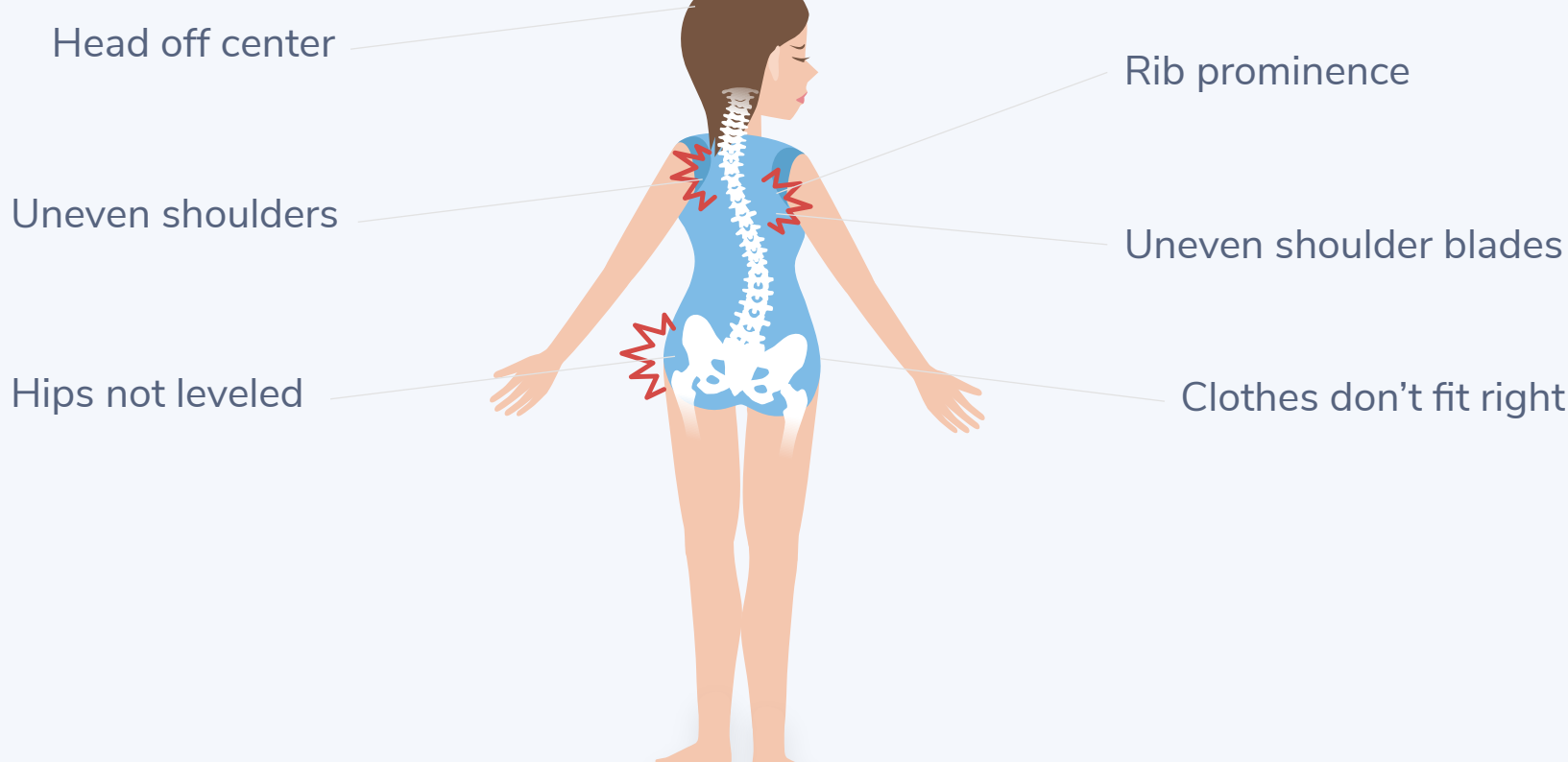
1 in 3 children

with scoliosis in Québec are diagnosed late, meaning they have developed moderate to severe curves without intervention.

5-10% will progress to surgical threshold without conservative treatment.

Scoliosis tends to run in families

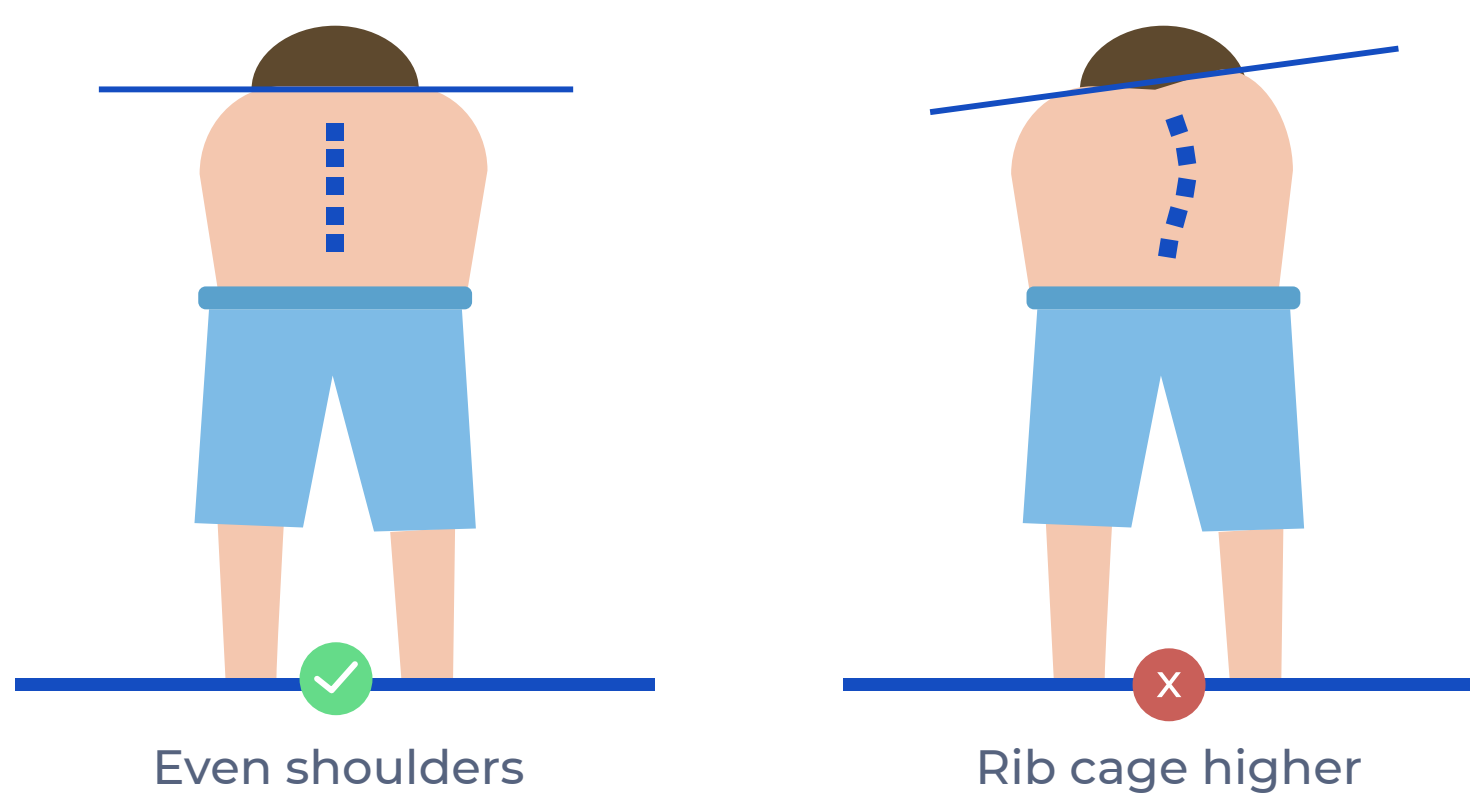
Symptoms to look for...



Early intervention = better outcome

The forward bend test

Scoliosis screening can easily be performed at home using the forward bend test.



Treatment options



Monitoring



Bracing



Surgery



New treatment available in Quebec

Pattern specific scoliosis exercises (PSSE)

- The Schroth Best Practice Program® -

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