**Scoliosis**

**Summary:**

**Scoliosis is where the spine twists and curves to the side.**

It can affect people of any age, from babies to adults, but most often starts in children aged 10 to 15.

Scoliosis doesn't normally improve without treatment, but it isn't usually a sign of anything serious and treatment isn't always needed if it's mild.

**Symptoms:**

Signs of scoliosis include:

* a visibly curved spine
* leaning to one side
* uneven shoulders
* one shoulder or hip sticking out
* the ribs sticking out on one side
* clothes not fitting well

Some people with scoliosis may also have back pain. This tends to be more common in adults with the condition.

**Strategies:**

Most people with scoliosis are able to live normal lives and can do most activities, including exercise and sports.

The condition doesn't usually cause significant pain or any other health problems, and tends to stay the same after you stop growing – see your GP if it gets any worse.

Having scoliosis or wearing a back brace can be tough and may cause problems with body image and self-esteem, particularly for children and teenagers so working on confidence issues may be a focus for IL staff.

<https://www.nhs.uk/conditions/scoliosis/>