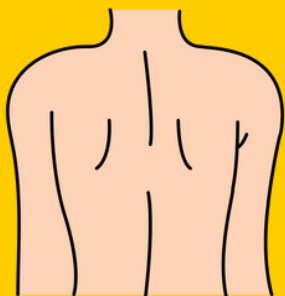


Your child has their own set of qualities and preferences that needs to be cherished and nourished to ensure confidence and happiness



**Enable Ireland Meath Service
Aerbridge House
Dunshaughlin Business Park
Dunshaughlin
Co. Meath A85 XP48**

N3 from Navan Direction: drive through Dunshaughlin
Approx. ½ mile outside town take left turn into Dunshaughlin Business Park (signposted)
In business park take first right turn (there's a signpost saying 'Section 4' and sign for Enable Ireland) go to end of road (it's a cul-de-sac). The last building on left is Aerbridge House; Enable Ireland is around at the back of this building.

Phone: 01-8240696
Fax: 01-8240785
Email: admin.dunshaughlin@enableireland.ie



**Children's
Disability
Network
Team**



**Scoliosis
Monitoring
Home Guide to
monitoring Scoliosis**

**Enable Ireland
Meath Service
Dunshaughlin**

What to know and What to watch for

What is Scoliosis

A condition that is characterized by a side-ways curvature of the spine or twisting of the spine.

Why it occurs:

- 8 in 10 cases have no known cause (Idiopathic Scoliosis) and is not thought to be linked to things such as; bad posture or exercise.

Less commonly,

- Congenital Scoliosis—present at birth
- Neuromuscular scoliosis—underlying nerve or muscle condition (e.g. Cerebral Palsy or Muscular Dystrophy)

Signs and Symptoms

Early Signs in Babies

- Bulge on one side of the baby's back or chest
- Baby may keep lying curved to one side
- Some babies nappies won't lie straight at the waistline

Signs in Older Children

- One shoulder blade may stick out more than the other
- Child may tend to lean a little to one side or have an uneven waist or hips

Screening at Home for the Older Child

Set-Up

- Child's back must be uncovered and have no shoes on their feet
- Child must stand on an even surface

1. Standing Assessment

Looking from behind the child;

- Check alignment of back bone, looking for any curve to one side.
- Check shoulder height, looking for height differences
- Check for shoulder blade symmetry, seeing if they are positioned in the same way
- Check pelvis height, looking for height differences

2. Bending Over

Child's spine should remain in straight line when bending forward, any deviation to left or right, or hump should be noted.

Key Message

If there is any curve or twist in the spine or any asymmetries between left and right side. Please highlight this concern to your GP to arrange an x-ray.

Please inform the physiotherapist on the team.
Contact information on the back.

