

Scoliosis

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Early detection of scoliosis is crucial for managing child's spinal health and ensuring the best possible outcomes. Scoliosis is a condition where the spine twists and curves sideways. It is more common in girls than in boys and typically becomes noticeable during growth spurts.

Most cases of scoliosis develop in otherwise healthy children, and the exact cause is often unknown.

Parents and children can look for signs such as uneven shoulders, uneven shoulder blades, a slightly tilted head, a noticeable curve in the back, or one hip being higher than the other. These can be spotted with a simple examination of your child's back.

For more details on scoliosis and how to check for it, please see [Raising Children Network](https://raisingchildren.net.au/).
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If you have any concerns, please contact your School Health Nurse, Casey Hardman on 0457536132 or General Practitioner for advice.

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