

## How do you deal with a child's scoliosis?



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Source: Spinal Neurologist, Dr. Wan Man Ho

Many children nowadays have spinal problems, including hunchbacks and scoliosis. If not treated in time, they may develop problems such as back pain, neck pain, and sciatica when they grow up.

In Hong Kong, 3 out of every 10 children suffer from scoliosis. This problem also worsens during the development period. The causes of scoliosis include congenital scoliosis, acquired scoliosis, muscle imbalances, and even poor posture.

During examinations, some children may discover that they have differences in leg length, pelvic displacement, or even lateral deviation of the spine or ribs. Chiropractors will use physical therapy and even chiropractic care to help these children improve the curvature of their spines.



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In Hong Kong, conservative treatment for scoliosis includes wearing a brace, while more severe cases require surgery. If scoliosis is not treated or prevented from an early age, it can lead to conditions such as back pain, neck pain, or sciatica, and the affected area may accelerate degeneration. Therefore, scoliosis is a condition that needs to be taken seriously °