

Scoliosis Treatment

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If your child has scoliosis, Gillette Children's Specialty Healthcare can help. Gillette is a nationally and internationally recognized leader in pediatric orthopedics and in the treatment of pediatric spine conditions, including scoliosis.

Whether your child has idiopathic, neuromuscular or congenital scoliosis, the primary goal of any treatment is to stop the curve from getting worse. Regardless of severity, scoliosis pain is rare. In many cases, surgery isn't necessary if scoliosis is detected early and your child receives proper care.

Treatment of scoliosis varies depending on a patient's age, the degree and pattern of spinal curvature, and the type of scoliosis. Treatment options include:

Regular physical exams

If your child is still growing and has mild to moderate curves in the spine, Gillette experts will see your child every four to six months to monitor scoliosis. As your child grows, the position and stability of the spine can change, making regular orthopedic visits important.

Braces

If your child is still growing and has more severe curves, a scoliosis [brace](#) can prevent the curvature from getting worse. Bracing doesn't straighten existing curves, but stopping the progression of the curve might help your child avoid surgery.

There are different types of braces for scoliosis—your child might wear back braces (also known as spinal orthoses). Most scoliosis back braces are custom-made to fit your child's body, can be worn under clothes, and can be removed for certain activities.

Surgery

If your child has severe curves, surgery might help correct or control the curve. Surgeries include:

- [Spinal fusion surgery](#), which permanently joins back bones together.
- [Vertical expandable prosthetic titanium rib \(VEPTR\) surgery](#) if your child has severe curves that cause an inability of the chest to support normal breathing or lung growth (also known as thoracic insufficiency syndrome).
- [MAGEC® rod implantation surgery](#) or magnetically driven growing rods are for children who have early onset scoliosis, if bracing is ineffective. Expandable, magnetic rods are implanted and act as internal braces to keep the curve from getting worse as your child grows. The rods can be lengthened during outpatient visits with a noninvasive remote controller. Gillette is the first hospital in the region to use this FDA-approved treatment.

Physical Therapy

Gillette physical therapists offer a conservative approach to treating adolescent idiopathic scoliosis. They use [physical therapy scoliosis specific exercises based on the Schroth Method](#). The exercises are customized for your child to reduce the symptoms of scoliosis.

Integrated Care

Scoliosis can range quite a bit from mild to severe. Whether your child has minor curvatures and is otherwise healthy, or has complex underlying conditions, highly trained experts at Gillette can help manage your child's spine condition.

Your child deserves a lifetime of excellent health care—from birth through adulthood. The family-centered environment at Gillette is designed to help your child achieve the highest possible levels of health, independence and happiness.

You'll get help navigating the services you need to treat your child. The specialties and services most often involved in scoliosis care include:

- [Orthopedics.](#)
- [Orthotics.](#)
- [Neurology.](#)
- [Rehabilitation therapies.](#)
- [Pulmonology and respiratory care.](#)
- [Seating and mobility equipment](#) (for children, teens and adults who have neuromuscular scoliosis associated with conditions that limit their ability to walk).

Publications for Health Care Professionals

- [Scoliosis Screening: A Program Manual \(PDF\).](#)
- [In Brief: Managing Adolescent Idiopathic Scoliosis \(PDF\).](#)
- [A Pediatric Perspective: Adolescent Idiopathic Scoliosis: Screening, Treatment and Referral \(PDF\).](#)

[Make An Appointment](#) [651-290-8707](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).