

Worn 23 Hours/Day

[23 Hour-sign](#)

The body brace is most effective for managing scoliosis when worn 23 hours each day. Although the brace may cause skin irritation or discomfort, failure to wear the brace for the prescribed amount of time may allow the spinal curvature to worsen.

Surgery

[Surgeon](#)

Surgery is reserved for patients with lateral spinal curvature beyond 40 degrees. Although surgery may not completely straighten the spine, the procedure helps ensure the curve does not worsen. Metal implants are used to correct the curvature by holding the spine in a straightened position. Surgery often involves spinal fusion, which permanently joins the vertebrae together.

Considerations

Adolescent Screening

[Adolescent-kids and Screen-door](#)

Screening for scoliosis is recommended during adolescence. Shoulder asymmetry and lateral spinal curvature are more apparent during puberty because of growth spurts. Girls should be evaluated between 10-12 years, while boys should be evaluated between 13-14 years.
