

# Scheuermann Kyphosis: How to Care for Your Child

Scheuermann's disease is a common cause of back pain in growing children. Scheuermann's disease usually happens in kids between the ages of 10 and 12. It is more common in boys than girls. It happens when bones in the spine are "wedged" together during a growth spurt. As a result, the spine looks like it is hunched forward. The exact cause is not known, but it can run in families.

Kids with Scheuermann's disease may have back pain, which often is worse after activity and improves after rest. Once the child stops growing, the pain usually improves; however, some kids have symptoms into adulthood.

Treatment for Scheuermann's disease depends on whether your child is in pain, how much the spine is curved, and the stage of your child's growth. Some children may only need pain relief and stretching/strengthening exercises. Other kids may need to wear a brace. Sometimes, surgery is recommended.

Most kids with Scheuermann's disease can live normal, active lives and do not have back pain once they reach their adult height.

- If your child has back pain, decreasing activity may help. Your child should especially cut down on activities that involve bending or straightening the back.
- Be sure to schedule and keep any physical therapy appointments the health care provider prescribed.
- If your child has pain, a medication can help:
  - Give your child acetaminophen or ibuprofen as recommended by the health care provider.
- If the health care provider suggested a brace, make sure your child wears it as instructed.
- Have your child avoid carrying heavy things if this causes back pain.

**CALL YOUR DOCTOR OR GO TO THE EMERGENCY ROOM IF**

Your child:

- Your child's back pain worsens or becomes severe.
- Is unable to walk due to severe back pain.
- Develops numbness or tingling in the legs.

<https://kidshealth.org/NemoursEMR/en/parents/az-kyphosis-scheuermann.html>