Topic: Examination of scoliosis in children aged 6-10 years

Scoliosis and other types of spinal deformities have a prevalence ranging between 2-4% of the population during growth. Scoliosis is defined as an abnormal three-dimensional curvature of the spine that is greater than 10° Cobb angle with vertebral rotation.

Scoliosis is usually detected through a school screening program, which is considered a powerful tool that can identify children with idiopathic scoliosis at an early stage when less invasive treatment is most effective. Early detection of scoliosis, through screening programs and the implementation of rehabilitation is essential to avoid the progression of scoliosis and associated diseases such as lung disease and psychogenic problems.

The main goal for treating scoliosis during growth is to reduce trunk deformity and avoid progression above the 30° Cobb angle. The fact that the Cobb angle is the main predictor confirms the main role played by screening and conservative care: exercises and support of the torso can prevent progression if started in the early stages of the deformity when it is diagnosed early. In 2013, the Scoliosis Research Association Task Force also confirmed the importance of screening for vertebral deformities.

PURPOSE AND SPECIFIC OBJECTIVES

The purpose of this project is to identify the number of children affected by scoliosis and to take measures to intervene as quickly as possible in correcting these problems without advancing further, as well as to increase the awareness of parents.

Specific objectives:

1. Educating parents and teachers about scoliosis and the importance of early detection of children with common spinal deformities.
2. Examination of children aged 6-11 years and identification of children with scoliosis.
3. Awareness for parents of children with scoliosis.
4. Preparation of statistical reports at the end of the project to identify the correct statistics of the number of children who have scoliosis.
5. Early identification of problems and timely intervention for their correction without advancing further.