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Scoliosis Braces







Treating Scoliosis With Braces

A brace will not permanently correct curves that are already there. A brace for scoliosis is meant to hold the spine in place so the curve doesn't get any worse. Some braces are made to be worn only at night and others are designed to be worn both day and night.

If you need a brace, your doctor can discuss which type would be best for you. Braces are meant to be used while the spine is still growing, especially when it grows very fast during the "adolescent growth spurt." Therefore, a kid with scoliosis will spend less time in the brace as he or she gets older and gets closer to adult size. After the spine finishes growing, braces are no longer necessary or effective.