



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Sports Medicine: Scheuermann's Disease

Scheuermann's disease is a condition of the mid-back related to the shape of the vertebrae and the curve of the spinal column. Normally, vertebrae are about the same size and rectangular-shaped. With Scheuermann's disease, the vertebrae become wedge-shaped and a person's posture may change. The curve in the mid-back may become very visible and can make them look like they are slouching or have very round shoulders.

Signs and symptoms

- poor or rounded shoulder posture
- mid-back pain
- humpback appearance with decreased motion of the spine

Increased risk

- genetic predisposition to Scheuermann's
- males
- adolescents
- poor posture and physical conditioning (strength and flexibility)
- repeated mechanical stress to the spine

Treatment

- Medicine can help with inflammation and pain.
 - Anti-inflammatory medicines, such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) may be recommended. Take these as directed by your health care provider.
 - Other minor pain relievers, such as acetaminophen (Tylenol®).
- Cold and heat may be used.
 - Cold should be applied for 10 to 15 minutes every 2 to 3 hours for swelling and after any activity that makes symptoms worse. Use ice packs or an ice massage.

- Heat may be used before performing stretching and strengthening activities prescribed by your health care provider or athletic trainer. Use a heat pack or warm soak. Apply for 10 to 15 minutes.
- Exercises to improve range of motion, strength, and flexibility may be recommended. These can be done at home but often a referral to a physical therapist or athletic trainer may be prescribed by your health care provider.
- If a patient is still growing, a brace is often used to reduce the curve and decrease pain.
- Surgery may be needed in severe cases to correct the deformity.

How to prevent

- Do correct warm-up and stretching before practice or competition.
- Use proper lifting and posture techniques when lifting or sitting for long periods.
- If previously injured, avoid active physical activity that requires twisting of the body in awkward and uncontrolled positions.
- Maintain proper conditioning, back and hamstring flexibility, muscle strength and endurance and cardiovascular fitness.
- Maintain proper body weight

When to call the health care provider

Call your health care provider or the **Sports Medicine team** at **(614) 355-6000** if:

- symptoms get worse after 2 to 4 weeks, even with treatment
- you develop numbness, weakness or loss of bowel or bladder functions
- new, unexplained symptoms develop

To schedule an appointment with Sports Medicine, visit [NationwideChildrens.org/SportsMedicineScheduling](https://www.nationwidechildrens.org/sportsmedicine/scheduling) or scan this code with your camera phone.

