



can a  
heavy bag  
cause a

# Crooked spine?

With more children being diagnosed with scoliosis or crooked spine, medical experts give the low-down on this condition by Evelyn Yap

**W**hat causes scoliosis or a crooked spine? In some cases, people are born with scoliosis, which is a "sideways bending of the spine", says Professor Wong Hee Kit, Senior Consultant and Chief, Department of Orthopaedic Surgery, National University Hospital.

In an X-ray, this shows up as an S- or C-curve shaped spine. A curve of 10 degrees or more is classified as scoliosis, adds Prof Wong.

In other cases, scoliosis could be the result of a neuro-muscular defect. "The