

Ways To Prepare For

Pregnancy With Scoliosis

Begin prenatal supplements such as folic acid early

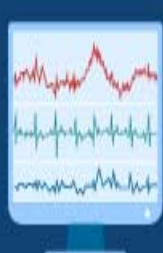


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Assess the lung function to ensure there is no respiratory compromise



Get ECG and echocardiography to assess the heart functions and structures

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Seek genetic counseling to know the risk for scoliosis in baby

Get advice on safe prenatal exercises with scoliosis



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Maintain appropriate sitting and standing posture to reduce back pain

Maintain proper sleeping position and use comfortable bedding



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Use braces to reduce back pain

References

1. Posture and positioning; Scoliosis Association UK
2. Scoliosis and Pregnancy, Scoliosis Association UK
3. The Effects of Scoliosis on Pregnancy, Spine Correction Center of the Rockies