

## Scoliosis Screening Process

Screenings are performed in a private setting by registered nurses. The screening is best performed once loose top clothing is removed, unless the results can be viewed without removing top clothing.

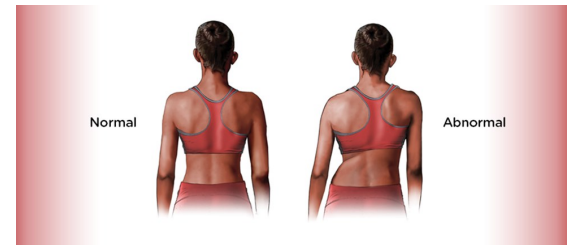
### First: Standing position

#### Instructions to the Child:

- put your feet together, lining up your toes evenly with weight equally on both legs
- breathe in, let it out and relax your shoulders while arms hang at the sides

#### Look For:

- uneven shoulders (one higher than the other?)
- arm hanging out farther from body on one side
- shoulder blade (scapula) more prominent than the other or higher



### Second : Adam's bend forward test

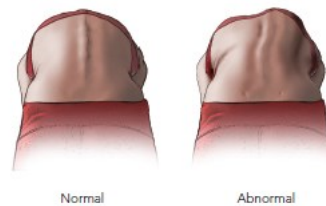
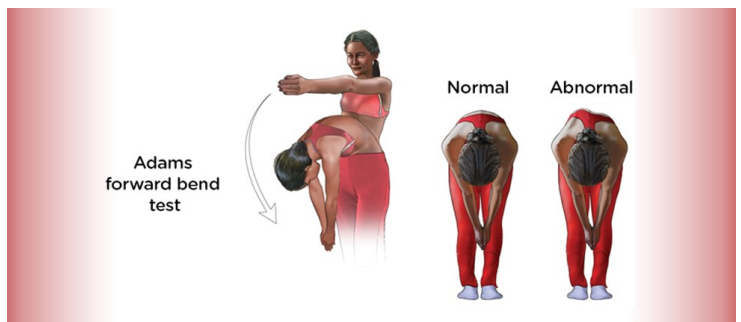
#### Instructions to the child:

- put your arms together with arms out straight
- put your chin to your chest and roll down slowly until your hands reach your feet or lower legs

NOTE: Encourage the child to roll down until the back is parallel with the ground. Have the child repeat the Adam's bend test if he/she rolls down too quickly or to one side or the other. (The child's hands should be pointing at the big toes.)

#### Look For:

- upper rib prominence on one side
- lower rib prominemce on one side
- lower back prominence on one side
- any noticeable curve in the spine
- more than normal roundness (view from the side)



\*Any abnormal findings are confirmed by a second screener.

Referral letters are mailed to parent/guardian with the findings and recommendation for further evaluation.