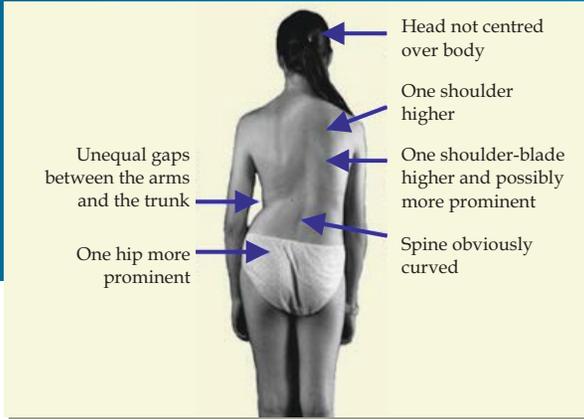
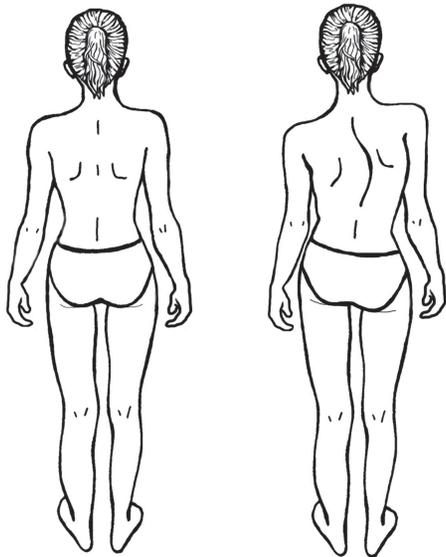


## How to look for Scoliosis

First, have your child stand with their back towards you and look for the following signs common with scoliosis.



A person with scoliosis may have only one, or several, of the signs shown.

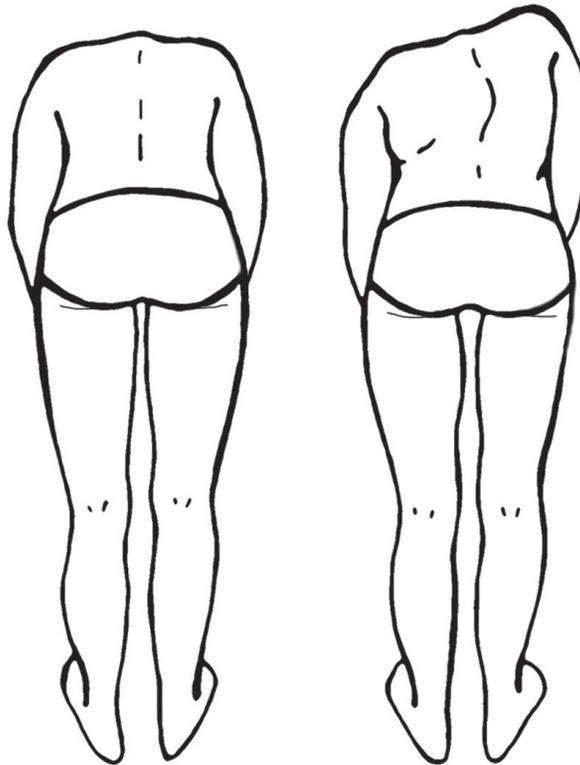


Normal

Scoliosis

## Forward Bend Test

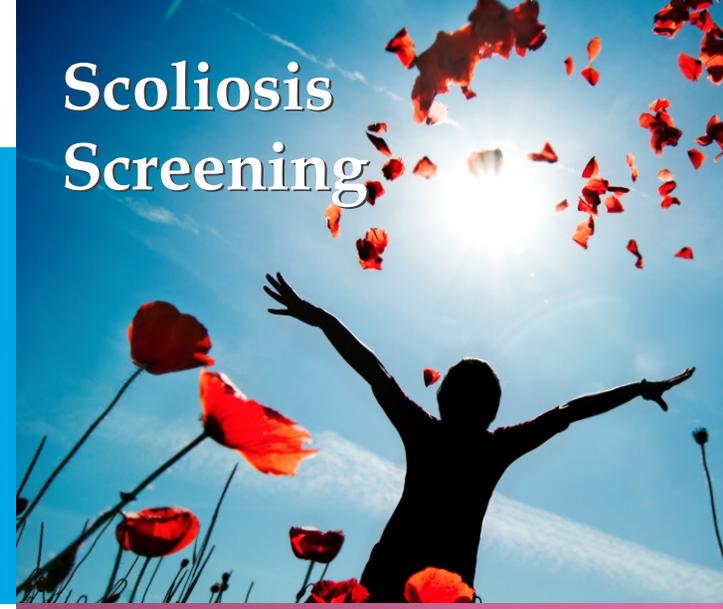
Next, have your child bend forward, arms hanging down freely, keeping their legs straight. Look for a difference in height of the lower back, ribcage or shoulder blade. If there is a difference of more than 1cm, it may be scoliosis so they should be seen by their regular health care provider for further testing. If there is a small difference of less than 1cm, it is highly unlikely to be anything to be concerned about.



Normal

Scoliosis

# Scoliosis Screening



Information for children in grades 5 to 7 and their parents



## Scoliosis Alberta

[www.scoliosisalberta.ca](http://www.scoliosisalberta.ca)



Providing support and education to those affected by scoliosis in Alberta.



*If you are concerned your child may have scoliosis, please see your family doctor or health care provider.*

## *What is Scoliosis?*

Scoliosis is a condition that makes the spine (backbone) curve sideways, like the letter “S” or “C”. The spine also twists, so one side of the back sticks out more than the other.

Scoliosis usually develops during early adolescence (age 10 - 13 years) and progresses during the teenage growth spurt but can also develop in adults when the growth is complete. Although scoliosis is more common in girls, boys can also get scoliosis.

## *What causes Scoliosis?*

In most cases, the cause is unknown, and the child is otherwise healthy. If there is scoliosis already in the family, the child has a greater chance of developing it. It is still unclear who will get scoliosis and why.

## *Why is early detection important?*

While most small curves stay small and usually don't cause discomfort, some curves do get worse as the child grows. The earlier the treatment is started, the better the end result.

## *Why screen for scoliosis at home?*

Since small curves typically do not cause any discomfort at the beginning, scoliosis can go unnoticed. There is no school screening program for scoliosis in Canada, so it is up to parents and healthcare providers to find it.

## *What treatments are available?*

During growth, children with very small curves can be monitored for scoliosis progression or do Physiotherapeutic Scoliosis-Specific Exercises (PSSE), such as Schroth. When a curve is detected early enough, brace treatment alone, or with PSSE exercises is recommended to prevent further worsening. If scoliosis becomes severe, surgery is recommended.



## *Where can I find more information?*

There is a vast amount of information on the internet. We recommend the following websites for reliable information:

Scoliosis Research Society:

[www.srs.org](http://www.srs.org)

Society on Scoliosis Orthopedic Rehabilitation Treatment (SOSORT)

[www.sosort.org](http://www.sosort.org)



[www.scoliosisalberta.ca](http://www.scoliosisalberta.ca)

We've got your back!

