

# Five-step scoliosis screening process for healthcare professionals

## First position:

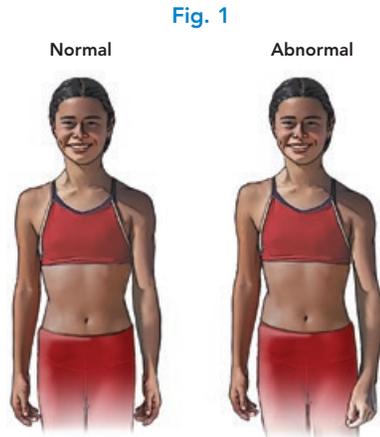
### Anterior view, standing position

#### Instructions to the child:

- Face the screener. Put your feet together with equal weight on both legs.
- Breathe in. Let it out, and relax your shoulders. Let your arms hang naturally at your sides.

#### Look for (see Fig. 1):

- Shoulder height asymmetry
- Unequal distance between arms and torso
- Hip prominence or asymmetry



## Second position: Anterior view, Adams forward bend test

### Instructions to the child (see Fig. 2):

- Put your palms together with arms out straight.
- Put your chin on your chest and roll down until your hands touch your feet.

Note: Encourage the child to continue to roll down as far as possible until her lower back is parallel to the floor. Have the child repeat the Adams forward bend test if she rolls down too quickly or if she rolls down to one side or the other. (The child's hands should be pointing at the big toes.)

#### Look for (see Fig. 3):

- Upper thoracic asymmetry
- Lower thoracic asymmetry
- Lumbar asymmetry

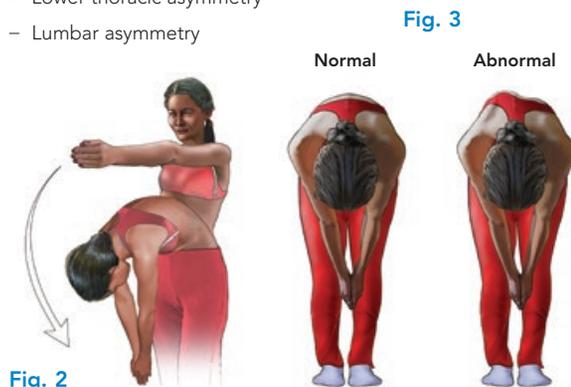


Fig. 2

## Third position: Posterior view, standing position

### Instructions to the child:

- Turn around (child's back is now to screener). Put your feet together with equal weight on both legs.
- Breathe in. Let it out and relax your shoulders. Let your arms hang naturally at your sides.

#### Look for (see Fig. 4):

- Shoulder height asymmetry
- Scapula prominence or asymmetry
- Unequal distance between arms and torso
- Waist crease asymmetry or no waist crease on one side
- Spine curved to one side

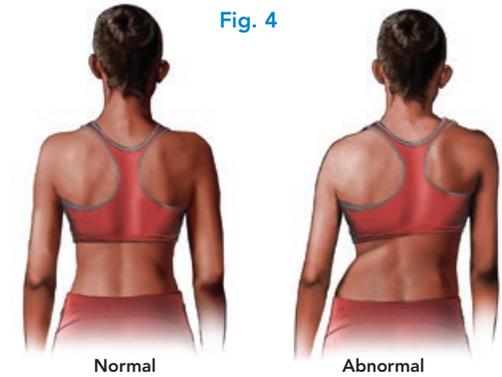


Fig. 4

## Fourth position: Posterior view, Adams forward bend test

### Instructions to the child:

- Put your palms together with arms out straight.
- Put your chin on your chest and roll down until your hands touch your feet.

Note: Encourage the child to continue to roll down as far as possible until her lower back is parallel to the floor. Have the child repeat the Adams forward bend test if she rolls down too quickly or if she rolls down to one side or the other. (The child's hands should be pointing at the big toes.)

#### Look for (see Fig. 5):

- Upper thoracic asymmetry
- Lower thoracic asymmetry
- Lumbar asymmetry

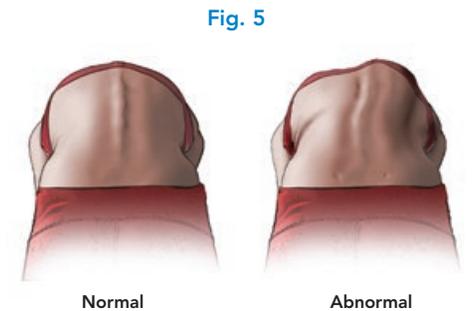


Fig. 5

## Fifth position: Sagittal view, Adams forward bend test

### Instructions to the child:

- Turn to the side. Put your feet together with equal weight on both legs.
- Put your palms together with arms out straight.
- Put your chin on your chest and roll down until your hands touch your feet.

#### Look for (see Fig. 6):

- Sharp angle/abnormal contour in low thoracic area (kyphosis)

Note: Encourage the child to continue to roll down as far as possible until her lower back is parallel to the floor. Have the child repeat the Adams forward bend test if she rolls down too quickly or if she rolls down to one side or the other. (The child's hands should be pointing at the big toes.)

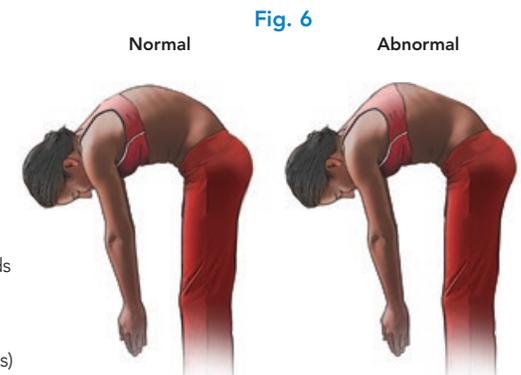


Fig. 6