

# Five-step scoliosis screening process for volunteers

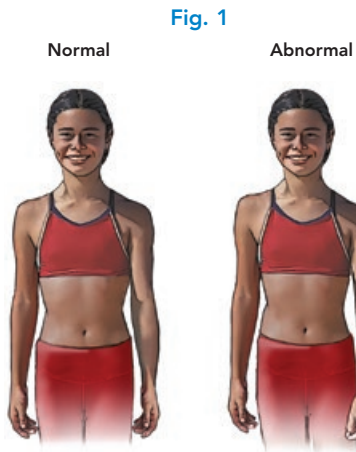
## First position: Front, standing position

### 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 their sides.

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

- Uneven shoulders (Is one shoulder higher?)
- Arm hanging out farther from body on one side
- Hip that appears higher on one side



## Second position: Front, bending forward (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 his back is parallel to the floor. Have the child repeat the Adams forward bend test if he rolls down too quickly or if he 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 rib prominence on one side
- Lower rib prominence on one side
- Lower back (lumbar) prominence on one side

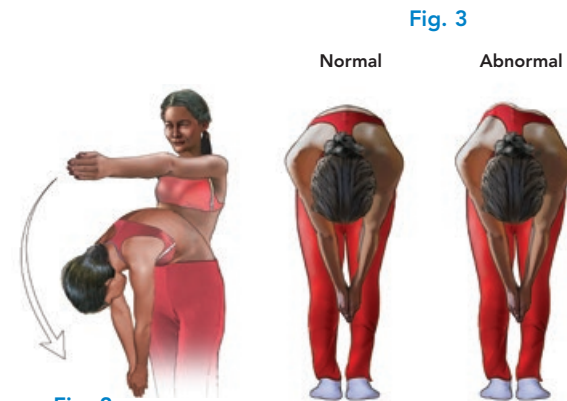


Fig. 2

## Third position: Back, 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 their sides.

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

- Uneven shoulders (Is one shoulder higher?)
- Shoulder blade (scapula) more prominent than other or one higher
- Arm hanging out farther from body on one side
- Waist fold deeper on one side

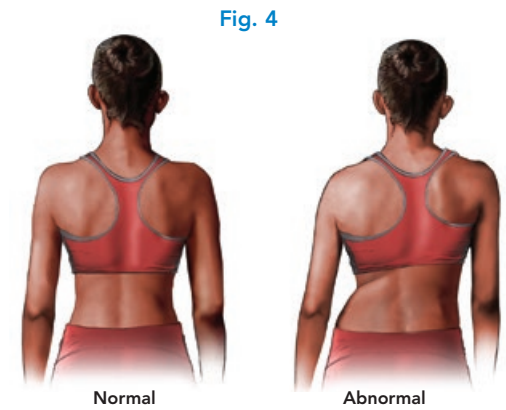


Fig. 4

## Fourth position: Back, bending away (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 his back is parallel to the floor. Have the child repeat the Adams forward bend test if he rolls down too quickly or if he 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 rib prominence on one side
- Lower rib prominence on one side
- Lower back (lumbar) prominence on one side

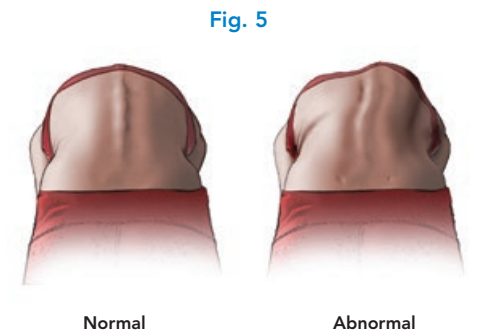


Fig. 5

## Fifth position: Side, in a bending position (Adams forward bend test)

### Instruction 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):

- Normal "c" shaped curve or more than normal roundness (kyphosis)

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

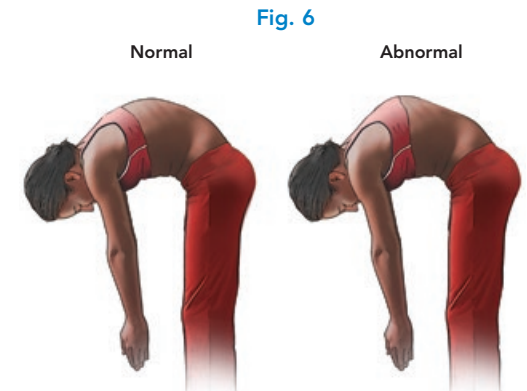


Fig. 6