

# CURVATURE OF THE SPINE

"Hi, I'm Sally Scoliosis. My friend Kyle Kyphosis and I want to tell you about curves of the spine. There are 24 bones in the spine between the skull and the pelvic bone. In some children, especially between the ages of 8 and 16, the appearance or shape of the back may cause concern to the child's parent or doctor."

## SCOLIOSIS SCREENING



Just like yearly check-ups at the dentist or eye doctor, the Scoliosis Screening examination identifies the small number of patients who may have early scoliosis. The Screening Process identifies differences between the right side and left side of the back while standing upright and leaning forward.

## WHAT IS THE DOCTOR OR NURSE LOOKING FOR?



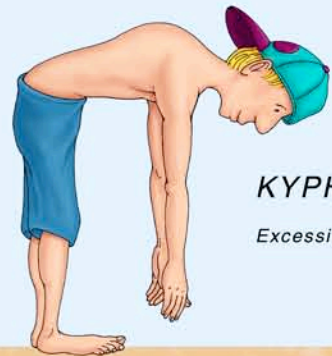
**Standing**

- One shoulder higher
- Uneven scapulae
- Uneven waistline
- High left thoracic curve
- Right thoracic lumbar curve



**Forward Bending**

- Rib fullness
- Paralumbar fullness

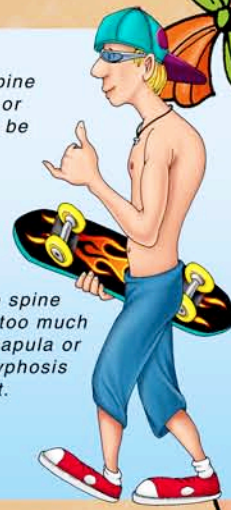


## KYPHOSIS

Excessive round back



Sally: When the spine bends to the right or left, scoliosis may be present.



Kyle: When the spine bends forward too much between the scapula or wing blades, kyphosis may be present.

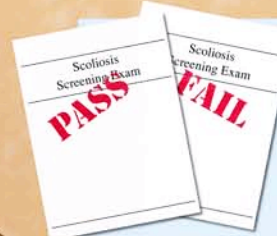
## SCREENING TIPS



Stand comfortably in your bare feet with your knees straight, not bent. **TRY NOT TO SLOUCH** while your back is examined.



Bend forward at the waist, keep your knees straight and allow your arms to hang freely pointing to the ground.



The screening exam always has a **PASS** or **FAIL** outcome.

**PASS** - Means that to the doctor or screener, the right and left sides appear to be equal **OR** your spine has a round back appearance. If you are 14-16 years of age, you may not have anything else to worry about.

**FAIL** - Means that the doctor or screener measures a significant difference between your left and right side in the forward bend test. This does **NOT** mean that you have a curvature that needs a brace or surgery!!

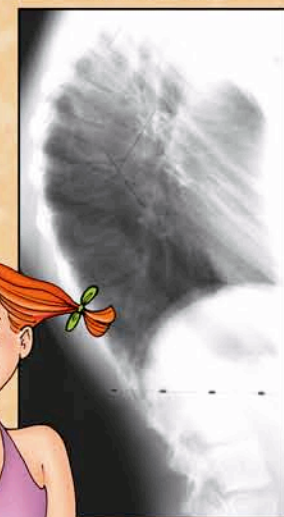
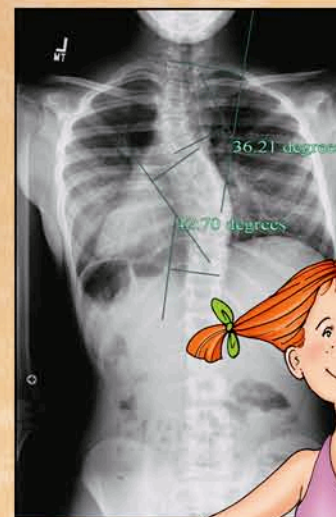
## WHAT IF I FAIL THE TEST?

Any patient with an abnormal screening examination will undergo a complete physical examination by a pediatric orthopedic surgeon with complete front and side spinal x-rays.

X-rays will help determine if you have a curvature of the spine.

## SCOLIOSIS

## KYPHOSIS



## What is NOT Scoliosis?



Limb Length Inequality



Olisthetic Scoliosis Ruptured Disc



High Riding Wingblade



Poor Posture

Hey dude, curvature of the spine didn't come from slouching or heavy book bags.

... and it didn't come from poor nutrition. It's the result of a genetic message being sent to the spine that tells it to bend and twist while you are growing.