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
- Ribs fullness
- Paralumbar fullness

KYPHOSIS

Excessive round back

What is NOT Scoliosis?

Limb Length Inequality
Osteoarthritis 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.

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 pointed 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

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