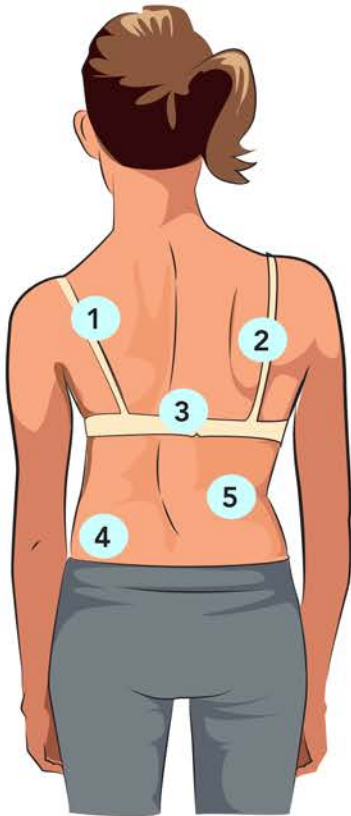


Scoliosis Diagnosis

Standing Assessment



- 1 Shoulders asymmetrical
- 2 Prominent shoulder blade
- 3 Visible curve
- 4 Hips asymmetrical
- 5 Waist asymmetrical

RED FLAGS

- ▶ Left thoracic curve in adolescents
- ▶ Right lumbar curve in adolescents
- ▶ Scoliosis with a Kyphosis
- ▶ Scoliosis in under 10 year olds

MRI may be required to rule out pathology



Scoliosis Facts

- Scoliosis is more common in girls
- There is often a family history of scoliosis
- Scoliosis can progress rapidly in adolescents
- It is usually first noticed in 10-13 year olds

Forward Bending Assessment



- 1 Thoracic rib hump
- 2 Lumbar hump

- Have the patient bend forward with feet together and knees straight
- Let arms dangle with palms together and fingers pointing down
- Any rib cage or lumbar asymmetry can be a sign of scoliosis

