GRANT COUNTY HEALTH DEPARTMENT
"Your County Caring For You"

Grant County Health Department

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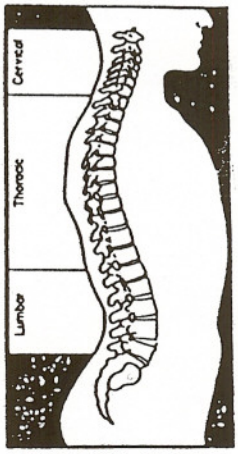
Dear Parent,

As your child enters Middle School, it is recommended that a physical exam be done. Your child will soon be entering a period of many changes including puberty and rapid growth and development. Your child may also become more active in sports activities. It is for these reasons that the physical exam is recommended at this time.

A condition which may develop during the growth period is scoliosis. When you have your child's physical completed please ask your physician to include a check for scoliosis. It is a simple visualization of the child's back included in the physical exam.

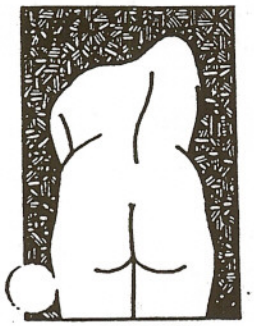
I am also attaching some information for you about scoliosis. You can do a simple home test to help monitor this as your child grows.

What is Scoliosis?
Scoliosis is a lateral or sidewards curvature of the spine. Normally, the spine curves backward in the chest area and forward in the waist area when looking at a person from the side. The spine may also bend to one side or to both sides at different levels, giving rise to the condition known as SCOLIOSIS.



NORMAL SPINE - SIDE VIEW

Scoliosis is not a disease, but it often appears in more than one member of a family in the same or different generations. It does not develop as a result of anything that a child or his/her parents did or failed to do.It is not caused by carrying books under one arm all the time. It is spinal disorder that usually appears during the early teen years, although it may appear in younger children as well.


SCOLIOSIS HUMP

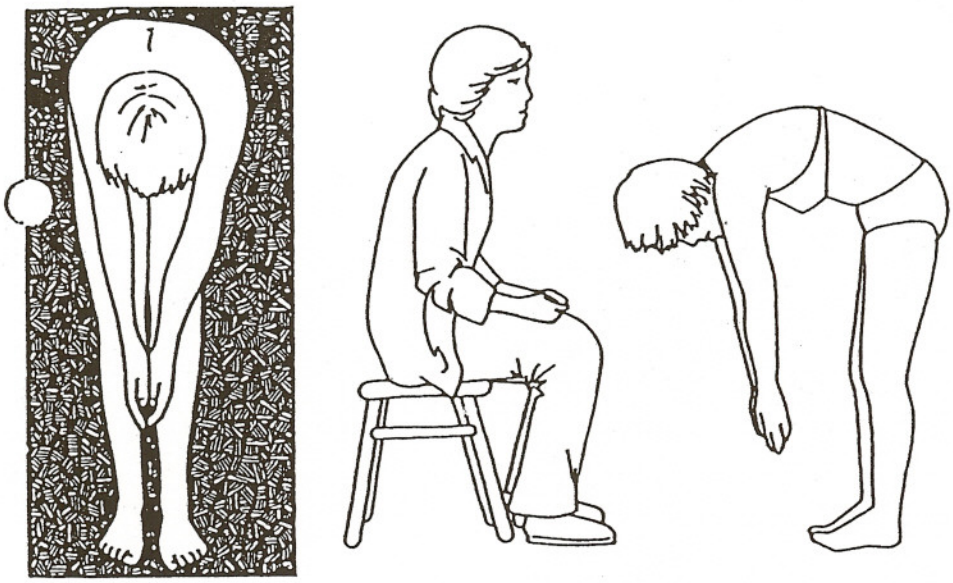
How is it noticed?
One of the most common signs of scoliosis is a prominent shoulder blade, frequently the right one. One shoulder may also be higher and the child tends to "list" to one side. The hips may be uneven and one seems to be higher than the other. Scoliosis should NOT be confused with poor posture. Scoliosis will not disappear as a child gets older. Very often the first indication of scoliosis is that there is something wrong with the fitting clothes. This is very apparent in girls when observing the hem-line of a skirt or dress. When a child with scoliosis bends forward, the appearance of a rib hump is one of the most striking signs.

Is scoliosis very common?
According to the Scoliosis Research Society of the American Academy of Orthopedic Surgeons, about 10% of the adolescent population have some degree of scoliosis. This means that about 1,000,000 youngsters in the United States alone have scoliosis. Approximately one-quarter of these, or 2-1/2% will require medical attention which may consist of observation for future progression of the curve, bracing or surgery, depending upon the degree of the curvature at the time of its detection. Some scoliosis may be so mild that treatment may never be required.

3/01 dku (School 203)

SIMPLE HOME TEST FOR THE EARLY DETECTION OF SCOLIOSIS

Have your child stand about 10" in front of you with his/her back toward you. Have your son or daughter remove their shirt and shoes and stand erect, hands hanging at sides, knees straight, and feet together. Look at shoulder height, levels of shoulder blades, how the arms hang next to the body, and the level of hips. Look at the spine. Answer questions 1-8. Some degree of irregularity is within normal limits. Very few of us are perfect.



FORWARD BENDING POSITION FOR SCREENING

----------✂---------- Please return bottom portion back to the school.----------✂----------

SCHOOL:_____ NAME:_____

1) YES NO Is one shoulder higher than the other?
2) YES NO Is one scapula (shoulder blade) more prominent than the other?
3) YES NO Does one hip seem higher or more prominent than the other?
4) YES NO Is there a greater distance between the arm and the body on one side than on the other, when the arms are hanging down loosely at the sides?
5) YES NO Does the child have a "swayback" (Lordosis))?
6) YES NO Does the child have "round shoulders" or " "humpback" (Kyphosis)?
7) YES NO Is there a larger "crease" at one side of the waist than at the other side?
8) YES NO Does the child seem to "list" or lean to one side?

When you examine the child, have him bend forward with the arms hanging down loosely with the hands even and the palms touching each other at about the level of the knees. When in this position:

9) YES NO Is there a hump in the rib area?
10) YES NO Is there a hump in the lumbar region (near the waist)?

If you have ANY "YES" answers or if the child has a brother, sister, parent or other close relative with scoliosis, consult your family doctor or orthopedist.