Screening for Scoliosis

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En Español (Spanish Version)

The purpose of screening is early diagnosis and treatment. Screening tests are usually administered to people without current symptoms, but who may be at high risk for certain diseases or conditions.

Scoliosis screening should be part of a thorough well-child check-up.

Screening Tests

Tests include:

**Forward Bend Test** — With feet and knees together, you will be asked to bend forward with your arms dangling. The screening person will stand first behind you and then in front of you to check for any visible curvature, or any uneven appearance in your rib cage, hipbones, or shoulder blades.

**Inclinometer or Scoliometer** — This device is used to measure the actual degree of curvature of your spine. You will be asked to stand with feet and knees together, and bend forward until the examiner can see curvature in your upper spine. The inclinometer is then placed on your back, and a measurement is taken. Another measurement is taken when you have leaned over further, and the area of curvature is visible in your lower spine.

Screening Guidelines

The American Academy of Orthopaedic Surgeons (AAOS) supports regular scoliosis screening programs in schools. The AAOS recommends that these programs screen girls twice (at ages 10 and 12) and boys once (at age 13 or 14).

If scoliosis is identified, then the family will receive educational materials about scoliosis, and the child may be referred to an orthopedic surgeon for further evaluation.

REFERENCES:


