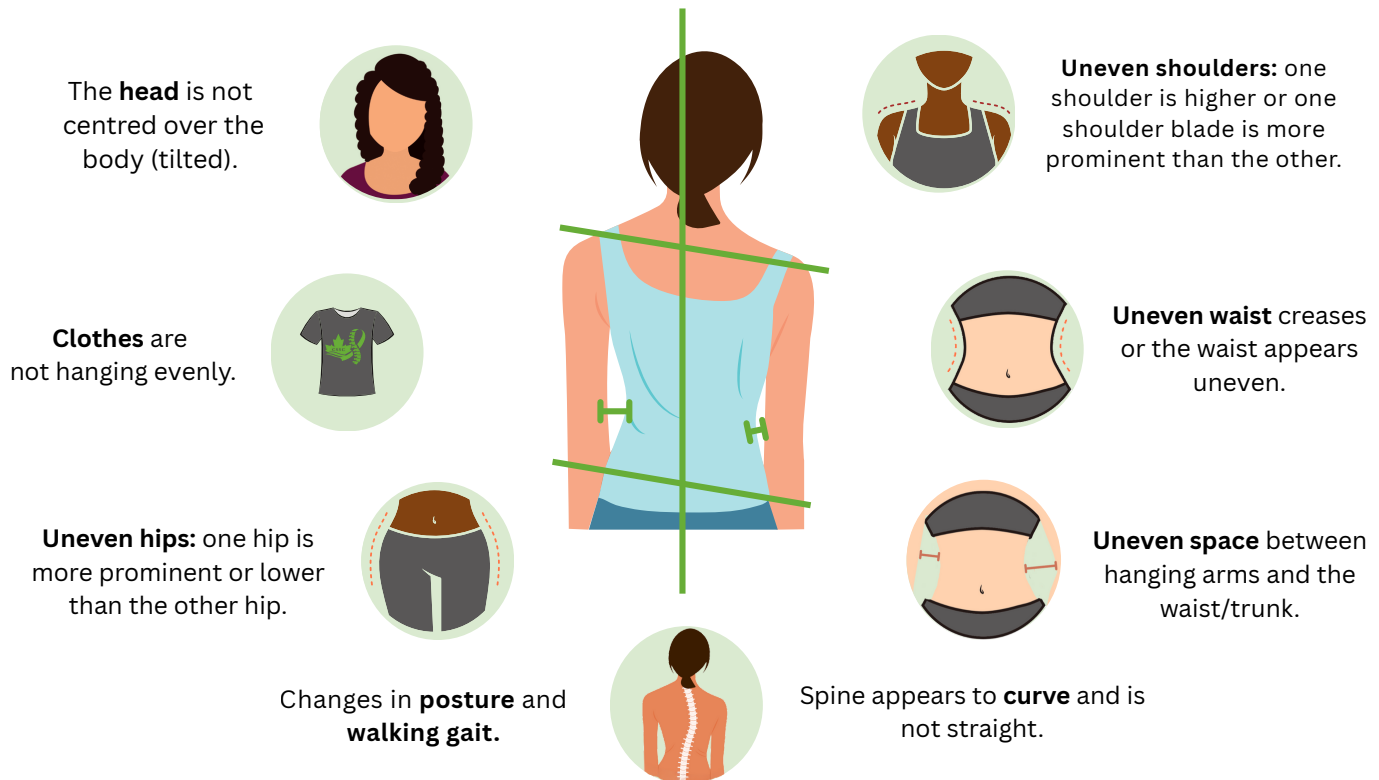


The Signs Of Scoliosis

to look for in children starting before puberty



Perform the Adams Forward Bend Test

Have your child bend forward, legs straight and arms hanging freely, until their back is level with the floor and view their back from behind to see if both sides are the same. Check the waist, lower back and upper back to see if the ribcage or shoulder blade is protruding on one side. If the difference in height is more than 1 cm, your child may have scoliosis. If you see one or more signs, see a pediatrician or family physician.



For More Information, visit: www.ScoliosisCanada.ca