

THE SIGNS OF SCOLIOSIS

The **head** is not centered over the body

One **shoulder** is higher or one shoulder blade is more prominent than the other

One **hip** is more prominent or lower than the other hip

Uneven **waist** creases or the waist appears uneven

Changes in **posture** and **walking gait**.

Uneven **space** between hanging arms and the waist/trunk



IF YOU SEE ONE OR MORE OF THESE SIGNS, HERE ARE THE NEXT STEPS YOU SHOULD TAKE



Perform the **Adams Bend Test**. Have the child bend forward with legs straight and arms hanging, holding their hands in a dive position until their back is level with the floor. Then view their back from behind to assess whether both sides are equal. Check the **waist, lower back, and upper back** to determine whether the **ribcage or shoulder blade** is **protruding** on one side.

If you observe one or more signs, consult a **pediatrician, family physician, or nurse practitioner**.