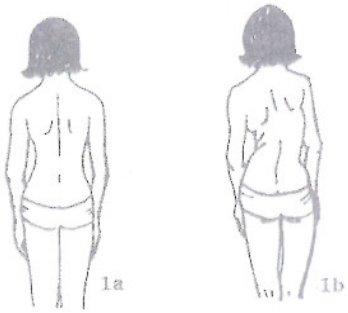
Here is a simple way to check your child for scoliosis*

NORMAL

- head centered over mid-buttocks
- shoulders level
- shoulder blades level with no bumps or buldges
- hips level and equal on both sides
- equal distance between arms and body
- straight backbone

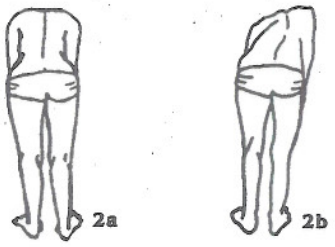


POSSIBLE SCOLIOSIS

- head tilted to one side of mid-buttocks
- one shoulder higher
- one shoulder blade higher with a possible bump or bulge
- one hip sticks out more than the other
- unequal distance between arms and body
- curved backbone

NORMAL

- both sides of upper and lower back are equal
- hips level and equal on both sides

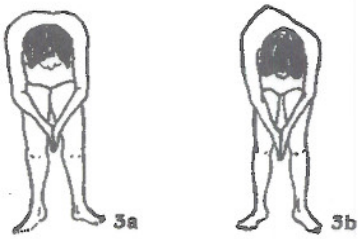


POSSIBLE SCOLIOSIS

- one side of rib cage and/or the lower back bulges out

NORMAL

- even and equal on both sides of the upper and lower back



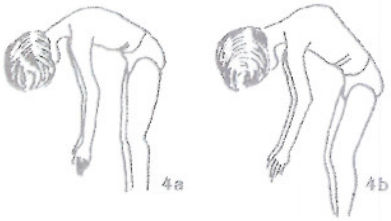
POSSIBLE SCOLIOSIS

- bump or bulge on the upper or lower back, or both

Also Screen for Kyphosis...

NORMAL

- smooth round even arc of the back



POSSIBLE KYPHOSIS
("round back")

- lack of smooth arc
- exaggerated roundness of back

***Courtesy of the National Scoliosis Foundation, Inc.**
www.scoliosis.org

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