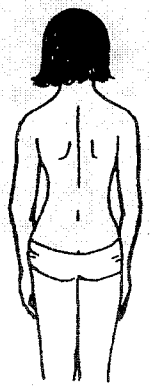


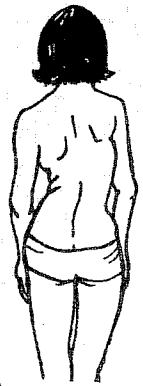
1a

Normal

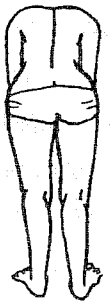
- head centered over mid-buttocks
- shoulders level
- shoulder blades level, with equal prominence
- hips level and symmetrical
- equal distance between arms and body

Possible Scoliosis

- head alignment to one side of mid-buttocks
- one shoulder higher
- one shoulder blade higher with possible prominence
- one hip more prominent than the other
- unequal distance between arms and body



1b



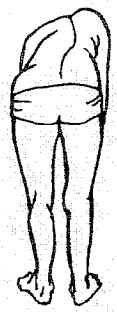
2a

Normal

- both sides of upper and lower back symmetrical
- hips level and symmetrical

Possible Scoliosis

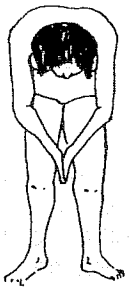
- one side of rib cage and/or the lower back showing uneven symmetry



2b

What is Scoliosis?

- Scoliosis is a sideways (lateral) curving of the spine.
- One in 10 persons will have scoliosis. Two to three persons in every 1000 will need active treatment for a progressive condition. In one out of every 1000 cases surgery may be necessary.
- Frequent signs are a prominent shoulder blade, uneven hip and shoulder levels, unequal distance between arms and body, and clothes that do not "hang right."
- Eighty percent of scoliosis cases are idiopathic (cause unknown). Scoliosis tends to run in families and affects more girls than boys.
- Spinal curvature is best dealt with when a young person's body is still growing and can respond to treatments, such as a body brace. Mild cases may not need treatment, but must be monitored.
- Kyphosis (round back) may also occur in developing adolescents. It should be screened for and may need to be treated.
- You, your physician and/or your school screening program (now required in many schools) can perform a 30-second annual screen during these growing years. (See diagrams.) An annual screening for scoliosis and kyphosis during the bone-growing years can make the difference between a preventable condition and a disability in adult years.



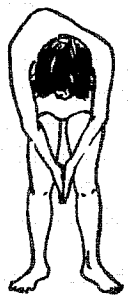
3a

Normal

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

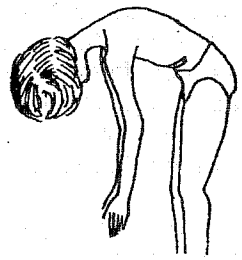
Possible Scoliosis

- unequal symmetry of the upper back, lower back, or both



3b

Also Screen for Kyphosis:



4a

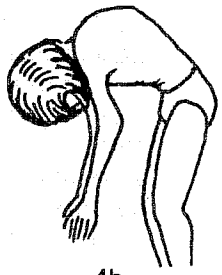
Normal

- smooth symmetrical even arc of the back

Possible Kyphosis

("round back")

- lack of smooth arc with prominence of shoulders and round back



4b

Screen Out Scoliosis!
If one or more physical features suggest scoliosis or kyphosis, professional diagnosis must be sought.

Illustrations by Barbara B. Beinhocker

National Scoliosis Foundation, Inc.

Awareness/Action for Early Detection and Prevention of Spinal Curvature

The National Scoliosis Foundation, Inc. was founded in 1976 to heighten awareness and stimulate action for scoliosis and other spinal deformities. It also serves as a resource center for the public.

Our concerned volunteers have worked thousands of hours to develop programs for scoliosis awareness and action in all states. They continue to assist and encourage the expanding programs necessary for early detection of scoliosis and kyphosis.

The National Scoliosis Foundation:

- . . . carries on a broad-based, multi-media educational program.
- . . . promotes and assists screening programs.
- . . . creates and promotes cooperating networks of educational, health care, and social service professionals from public and private agencies and institutions.
- . . . acts as a clearing house for information and materials about scoliosis and kyphosis.
- . . . is a resource to persons working for enactment of postural screening acts by state legislatures and Departments of Education. (As of February 1996, twenty-two states require screening in all school systems.)
- . . . responds to individuals with progressive scoliosis and kyphosis, as well as to persons concerned about early detection of scoliosis.

Your participation in the work of the National Scoliosis Foundation is welcomed through tax-deductible donations and through your willingness to help inform others about the effectiveness of early detection.

For additional information, contact **The National Scoliosis Foundation, Inc.**

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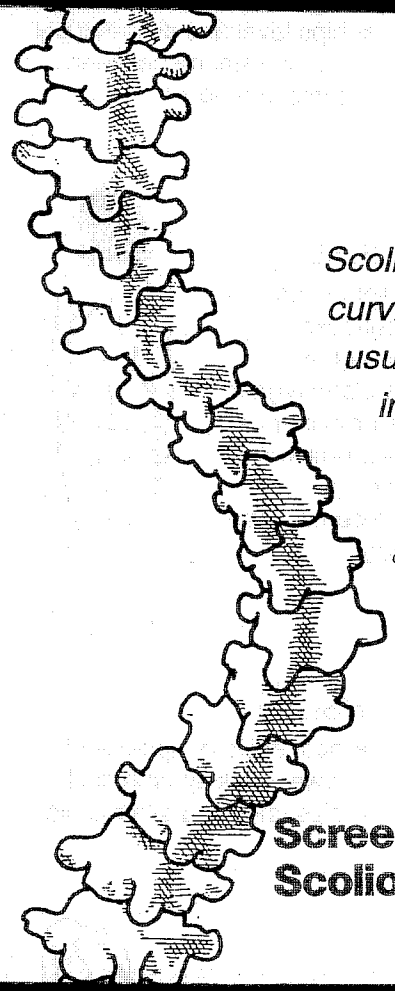
1 In Every 10 Persons Has Scoliosis



Scoliosis is a lateral curving of the spine usually developing in pre- and early adolescence. A 30-second annual postural screening between ages 10 and 15 can make a lifetime of difference.

Screen Out Scoliosis!

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