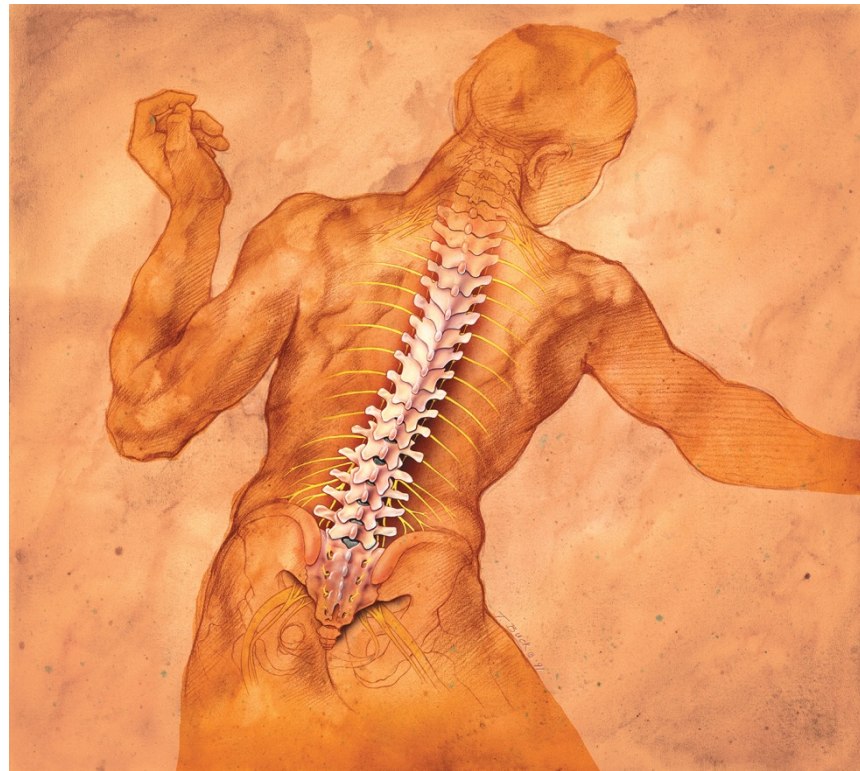


# Scoliosis Awareness & Early Detection

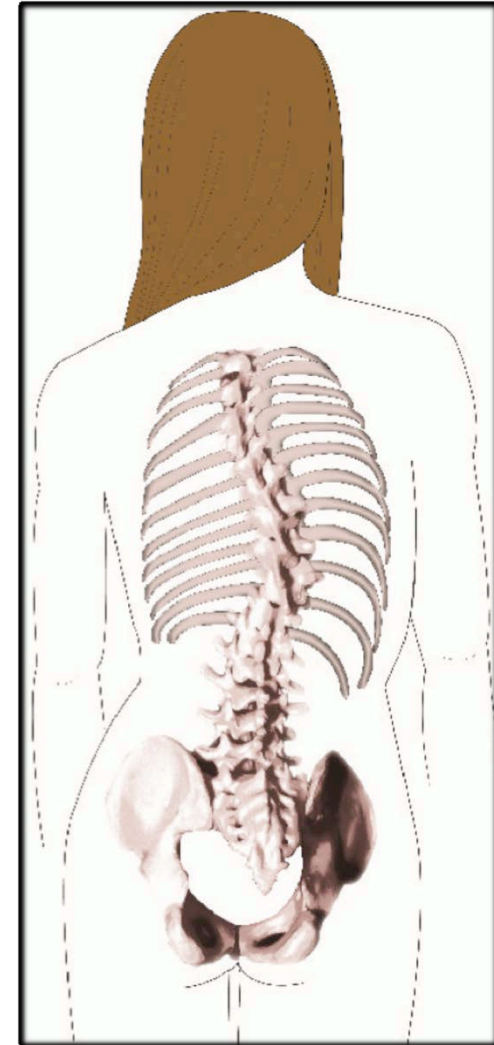


By The Ashgrove Spinal Centre

# What is Scoliosis?

Scoliosis is a disorder that manifests as a curvature of the spine and associated deformity of the rib cage.

Most cases are mild, requiring only follow-up and observation. Of every 100 children, 3 to 5 develop spinal curves that are severe enough to need treatment. In these severe cases, the spine can rotate as well, resulting in prominent ribs on one side of the body and narrowed spaces between ribs on the other. Severe scoliosis can cause ongoing back pain, arthritic degeneration of the spine and difficulty breathing.



# Why Is Finding It Early Important?

Early detection means early correction. Early discovery and referral can lead to nonsurgical management.

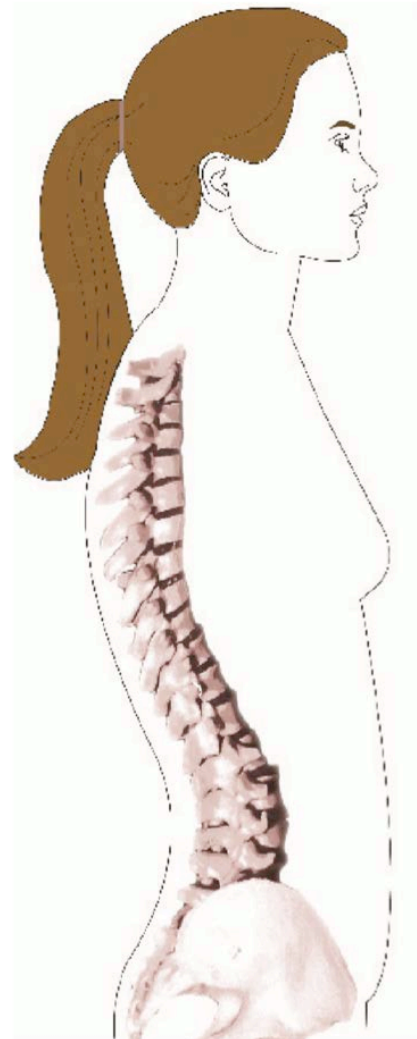
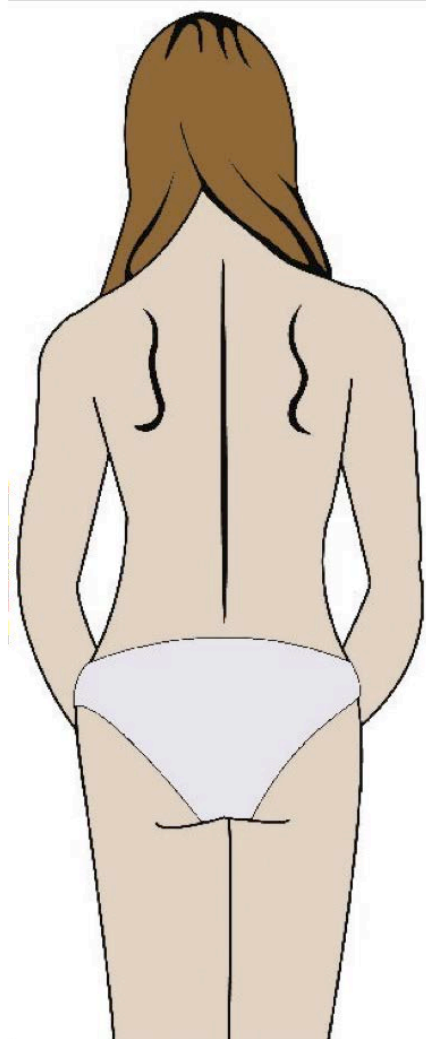
Chiropractors are fully qualified and registered health professionals who are highly trained to diagnose and/or treat conditions of the neuromuscular skeletal system.

# Who Can Get Scoliosis?

- Females are 10 times more likely to develop scoliosis.
- Ages can vary, although the majority of the cases develop between the ages of 10 and 16.
- Scoliosis runs in families (30% more likely in offspring of those affected).
- Dancers and Rhythmic gymnasts are 20 times more likely to develop progressive scoliosis (as per recent published studies).



# Normal Spine

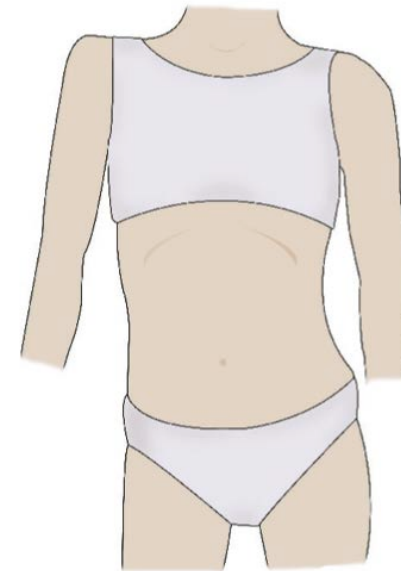
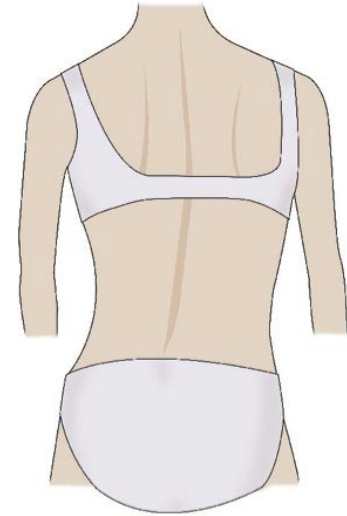


# Common Patterns

- Right Thoracic
- Left Lumbar
- Left Thoracolumbar
- Right Thoracic/ Left Lumbar

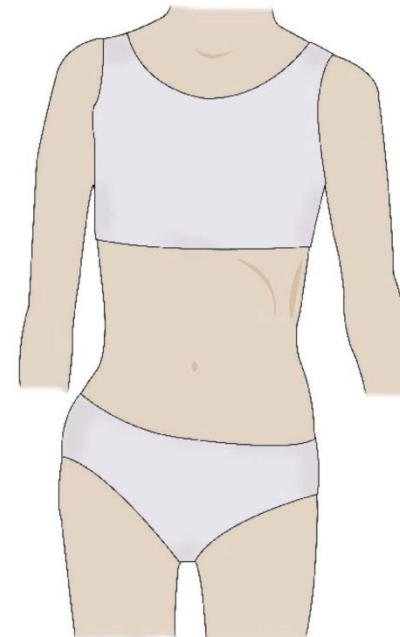
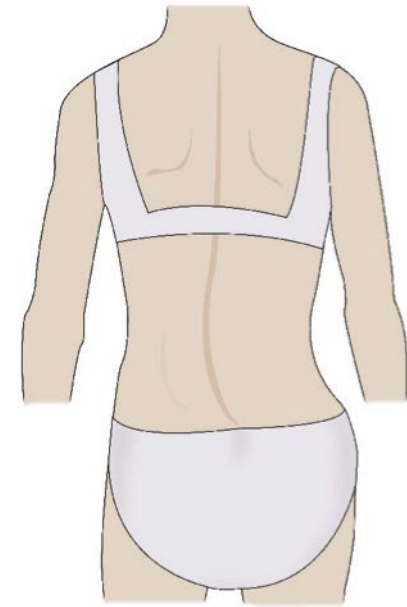
# Right Thoracic

- The right thoracic curvature pattern is the most common found in idiopathic scoliosis.
- It can be identified by the hallmark right sided rib hump, and often includes an elevated right shoulder with forward rounding.
- A left lower back muscle prominence may also be present in this type, although it is not always the case.
- The center of gravity is shifted to the child's right. When viewing from behind, the right scapula may appear winged and elevated from the rib cage.



# Left Lumbar

The left lumbar pattern is also quite common. The most common postural disorganization includes a lower hip on the child's left side. The waste angle is closed on the right and open to the left. The center of gravity is often shifted to the child's left.





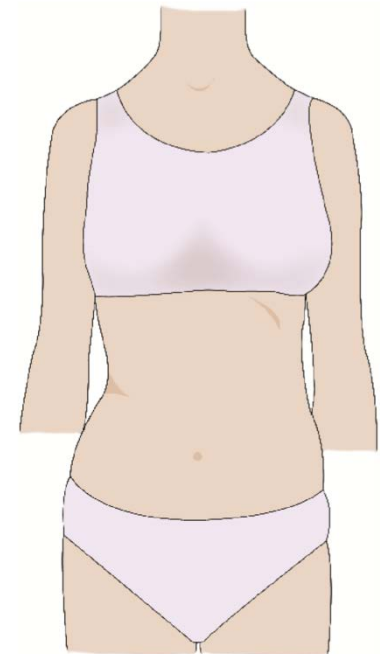
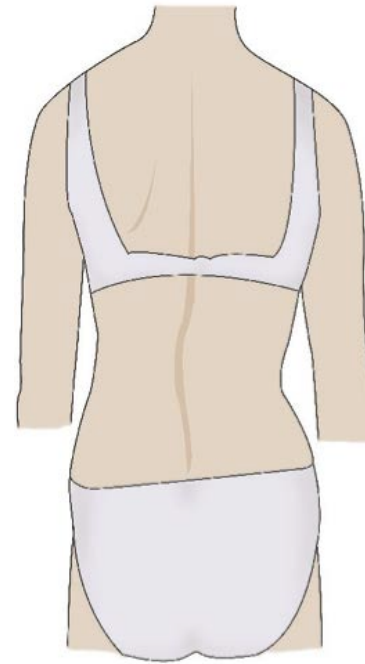
# Left Thoracolumbar

This type of curvature is accompanied by a left sided muscle prominence and may look similar to a left thoracic curvature when the rib cage is involved.

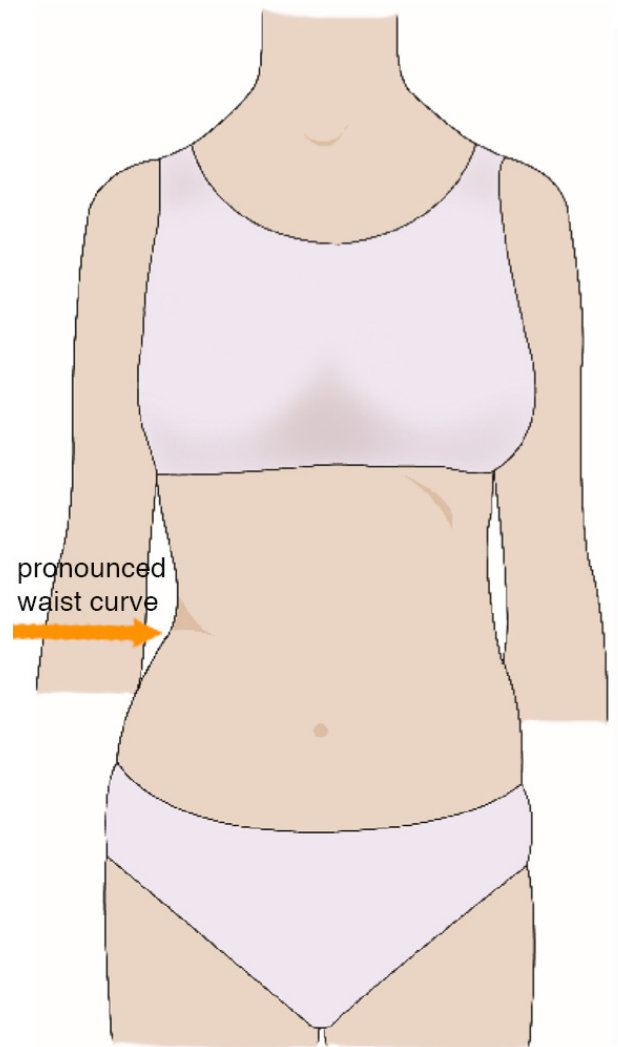


# Right Thoracic/ Left Lumbar

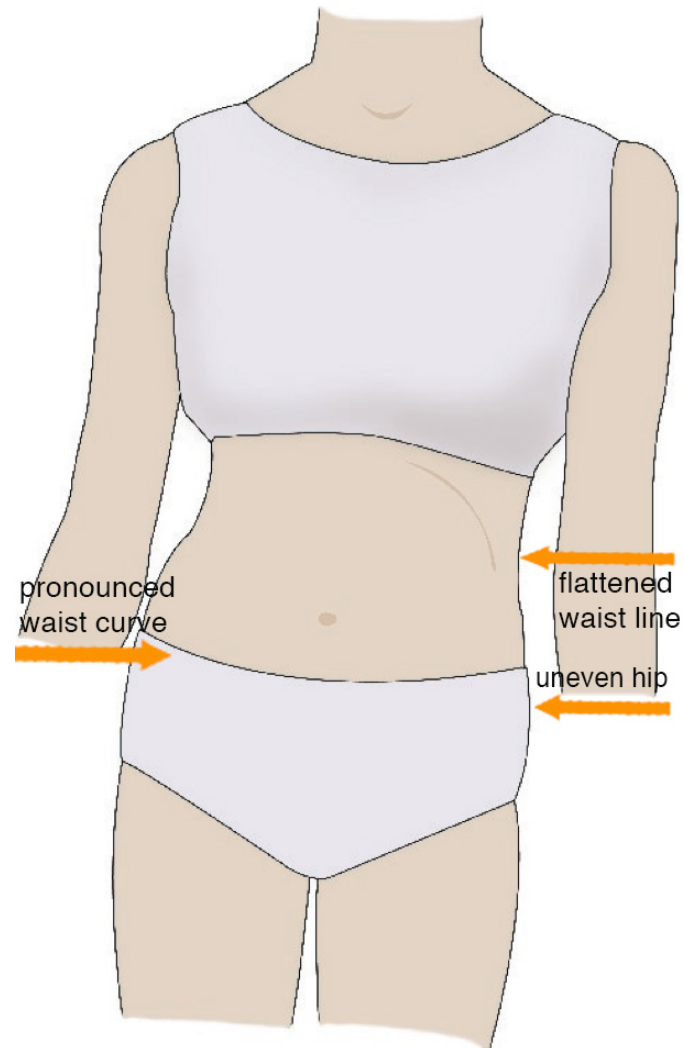
The double major curvatures may be undetectable due to the relative balancing of the posture. A pronounced waist curve on the right may be evident. The left hip may also appear slightly lower.



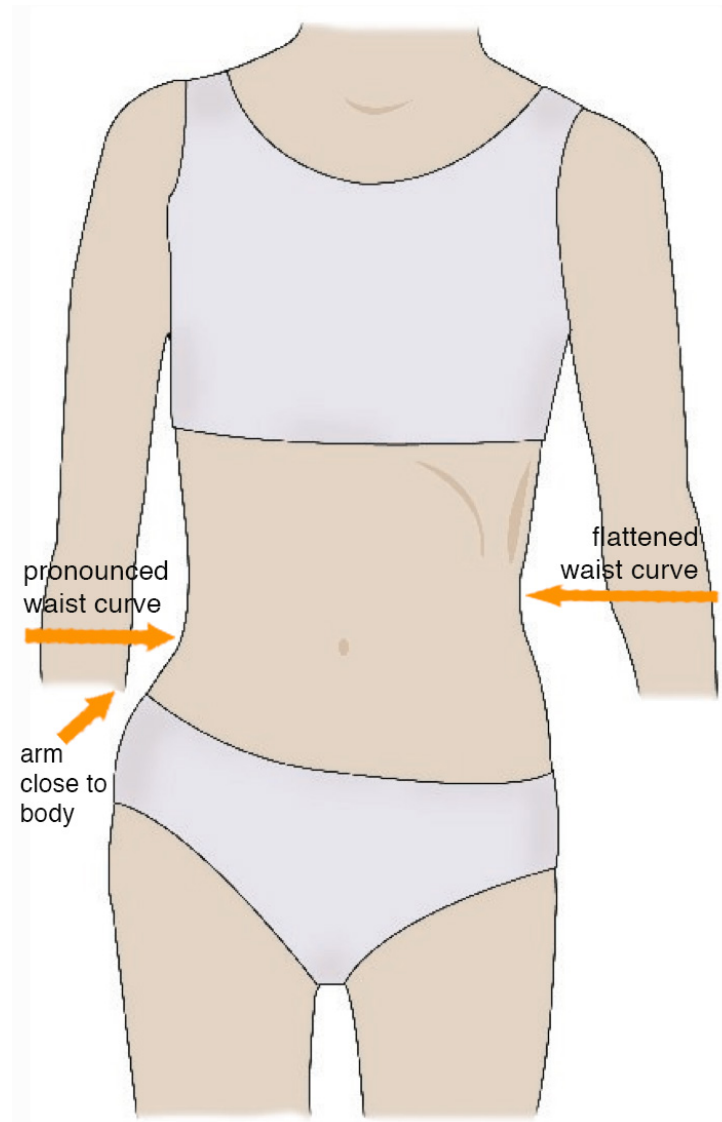
# Can You Identify This Pattern?



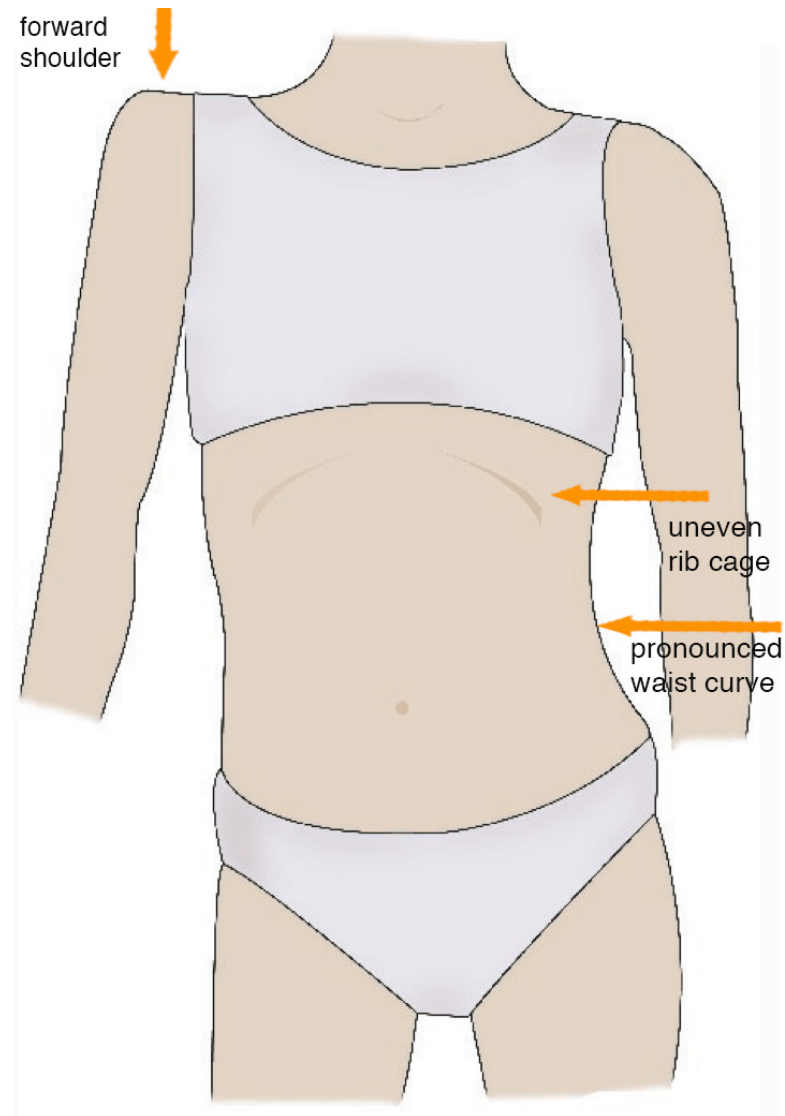
# Can You Identify This Pattern?



# Can You Identify This Pattern?



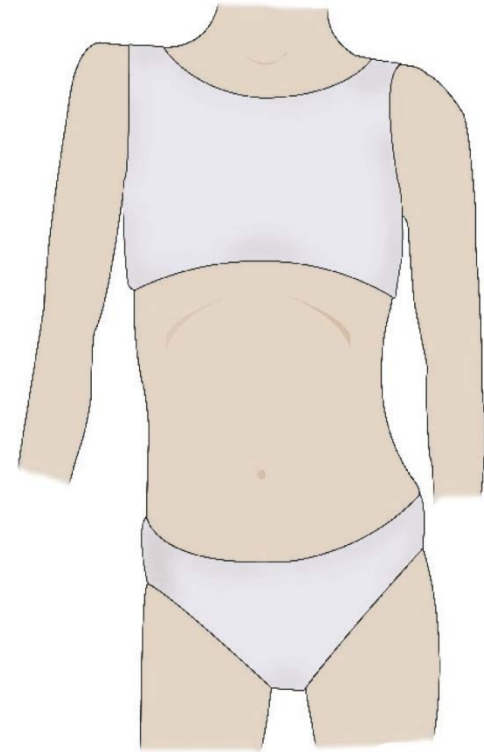
# Can You Identify This Pattern?



# The Screening Process

Step 1: With the child facing forward in the standing position, the examiner checks for the following signs of a possible abnormal spinal curvature:

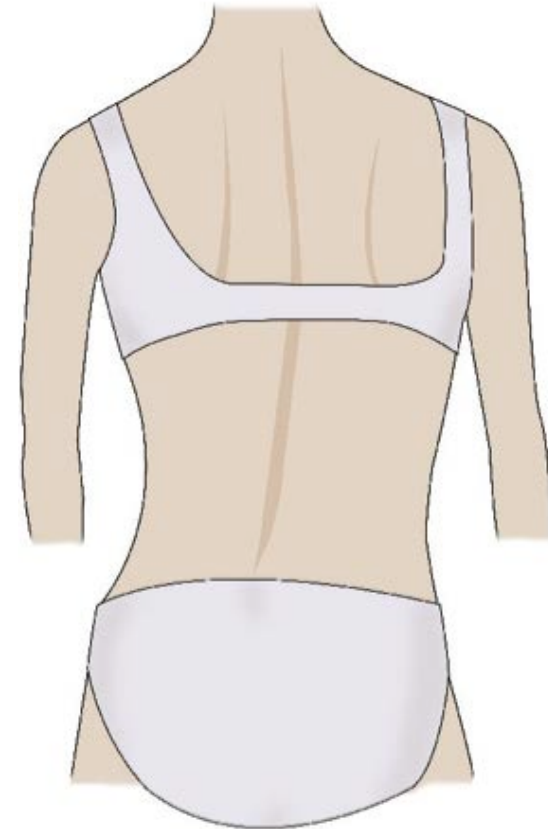
- One shoulder higher than the other
- Larger space from arm to the side of the body (compare both sides)
- Uneven waist creases
- Uneven hip levels



# The Screening Process

Step 2: View the child from the back in the standing position and note any of the following:

- Uneven contours, humps on one side
- Any curve in the spine





# The Screening Process

If the hips appear uneven, but no other abnormalities are noted, consider possibility of unequal leg lengths, and visualize alignment of the knee creases if possible.



# How Scoliosis Can Be Detected

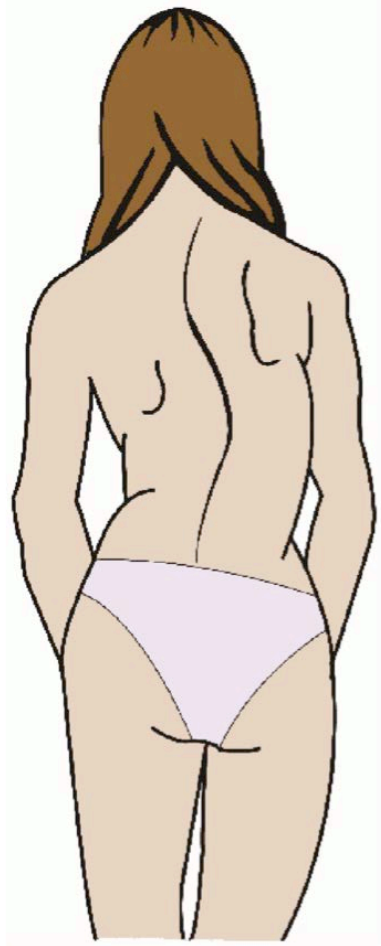
- Best method is an x-ray of the full spine.
- However, postural observations, such as those performed during a “spinal screening,” are the first line of detection.
- The Adams Test – the traditional standard – is not the only initial means of detection.

# Adams Forward Bend Test

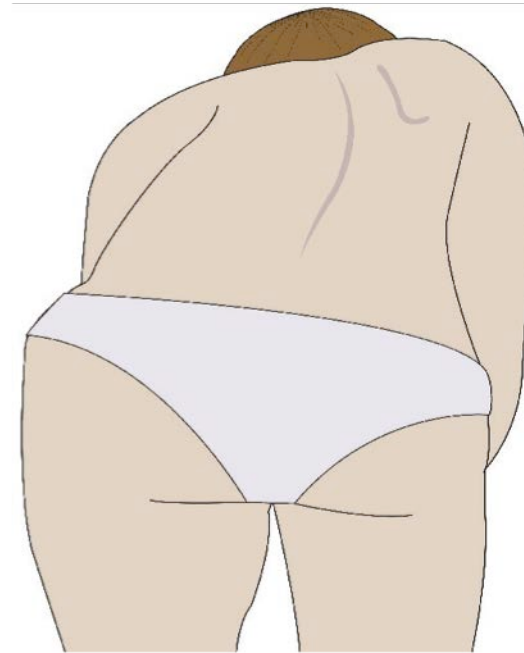
Ask the child to clasp their hands and place them between the knees as they bend forward at the waist.



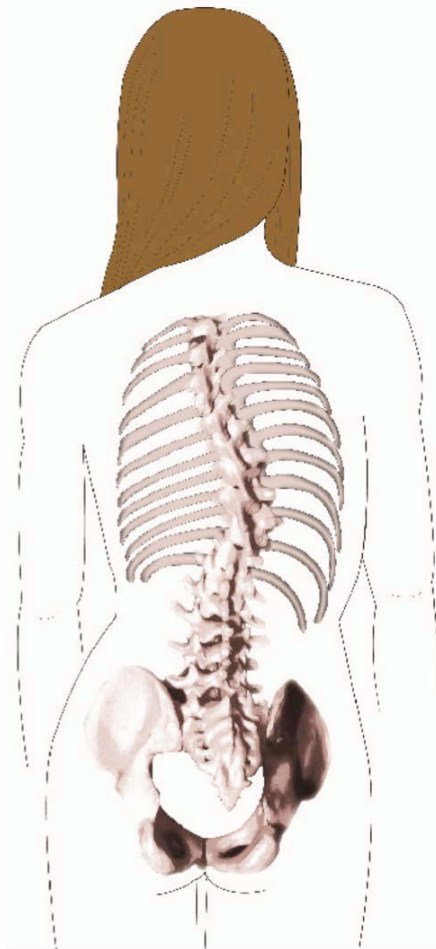
# What Do You See?



Abnormal Back



# Take a Look Inside



Abnormal Spine

# Record Keeping & the Importance of a Second Opinion

- Always keep a record of the results of your examination.
- When a positive finding occurs:
  - Take your child to a Scoliosis Care Professional for further evaluation and a second opinion.
  - An x-ray may be recommended to confirm the presence of Scoliosis.
  - Do not attempt to make a definitive diagnosis yourself.
  - Please remember, you are not a medical professional.

# The Ashgrove Spinal Centre



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