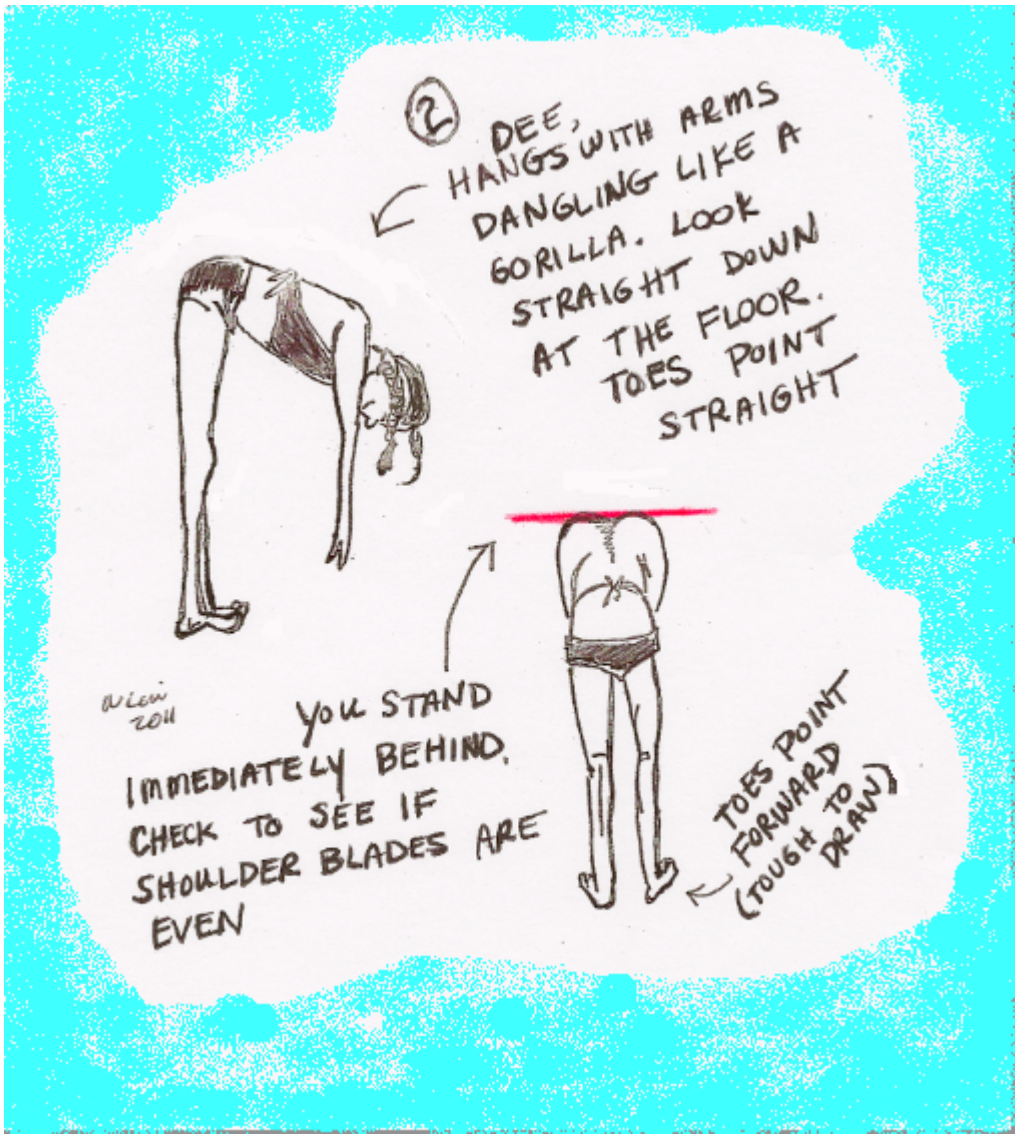
How to check for scoliosis: as easy as 1-2-3

Ever wonder what the school nurse or your kid’s pediatrician is looking for during a scoliosis screen? Here, in three steps, you can also monitor your child. If you are concerned, see your child’s doctor.




2
DEE, HANGS WITH ARMS DANGLING LIKE A GORILLA. LOOK STRAIGHT DOWN AT THE FLOOR. TOES POINT STRAIGHT
N Lew 2011
YOU STAND IMMEDIATELY BEHIND. CHECK TO SEE IF SHOULDER BLADES ARE EVEN
TOES POINT FORWARD (TOUGH TO DRAW)



And dat is how to check dee spine!

Naline Lai, MD and Julie Kardos, MD

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