

What is Scoliosis?

Scoliosis Is:

1. A lateral or sideways curve of the spine.
2. A spinal disorder (not a disease) that may run in families.
3. Scoliosis does not develop as a result of anything a child or his parents did or did not do.
4. Brothers/Sisters of a child with scoliosis should be checked.
5. Scoliosis usually develops between 10-15 years of age, especially during a rapid growth spurt.
6. It is essential that the back be checked regularly until growth is completed.
7. Scoliosis may not be detected in routine medical exam.
8. Scoliosis may be hidden by clothes when mild.
9. No pain is involved in mild cases of scoliosis.
10. Scoliosis should not be confused with poor posture.
11. The forward bend over test is the easiest way to detect scoliosis.

About 10% of adolescent population has some degree of scoliosis. Approximately one fourth of these will require medical attention, which may consist of observation, bracing or surgery, depending on the degree of the curve at the time of detection. Some scoliosis may be so mild that treatment is never necessary.

What can you do? Early detection is important. Children should be screened periodically so that cases may be found and appropriate treatment started. That is the goal of school screenings.

Scoliosis Screening

- Scoliosis dates are set by the Clayton County Health Department.
- Grade levels participating in the mass screenings are 6th and 8th grade students.
- Notification of the screening will be sent home to parents one-two weeks before the screening.
- Those students who will not be participating in the screening (by parents' request) will return the Presumed Consent Form.
- Homeroom teachers will hold these Presumed Consent Forms until the day of the screening. These students will not be screened and should not be sent to the screening areas. These forms are to be given to the person checking students into the screening areas.
- Male and females will be examined in separate areas.
- Females should plan to be examined in a halter top, bathing suit or bra. No female will be examined bare-chested. Males will be tested without their shirts.
- Students will be asked to remove only their shirts or blouses.
- When setting up the screening area schools provide as much privacy as possible for the students, male and female.
- A record keeper is designated to check off all students screened and mark if they pass or fail.
- Notification of parents/guardians of students needing further evaluation will be completed by the Health Department.