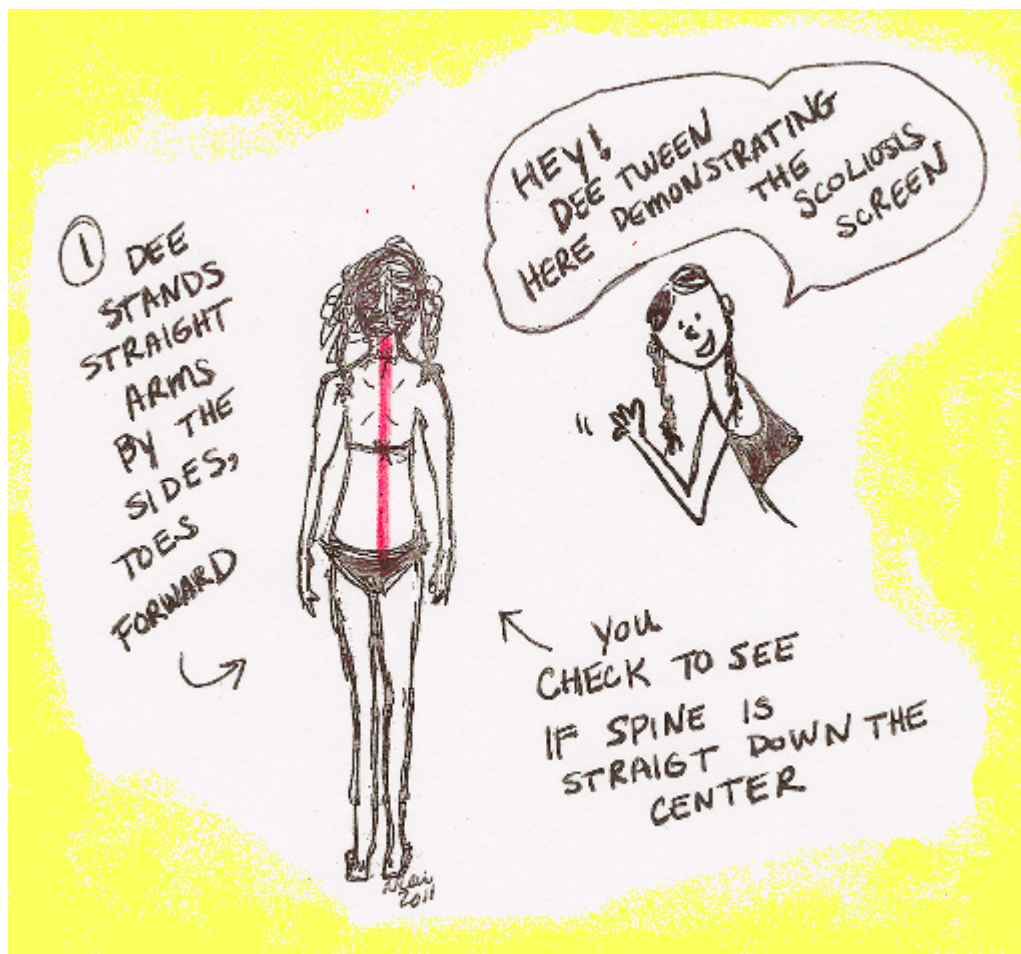


# How to check for scoliosis: as easy as 1-2-3

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

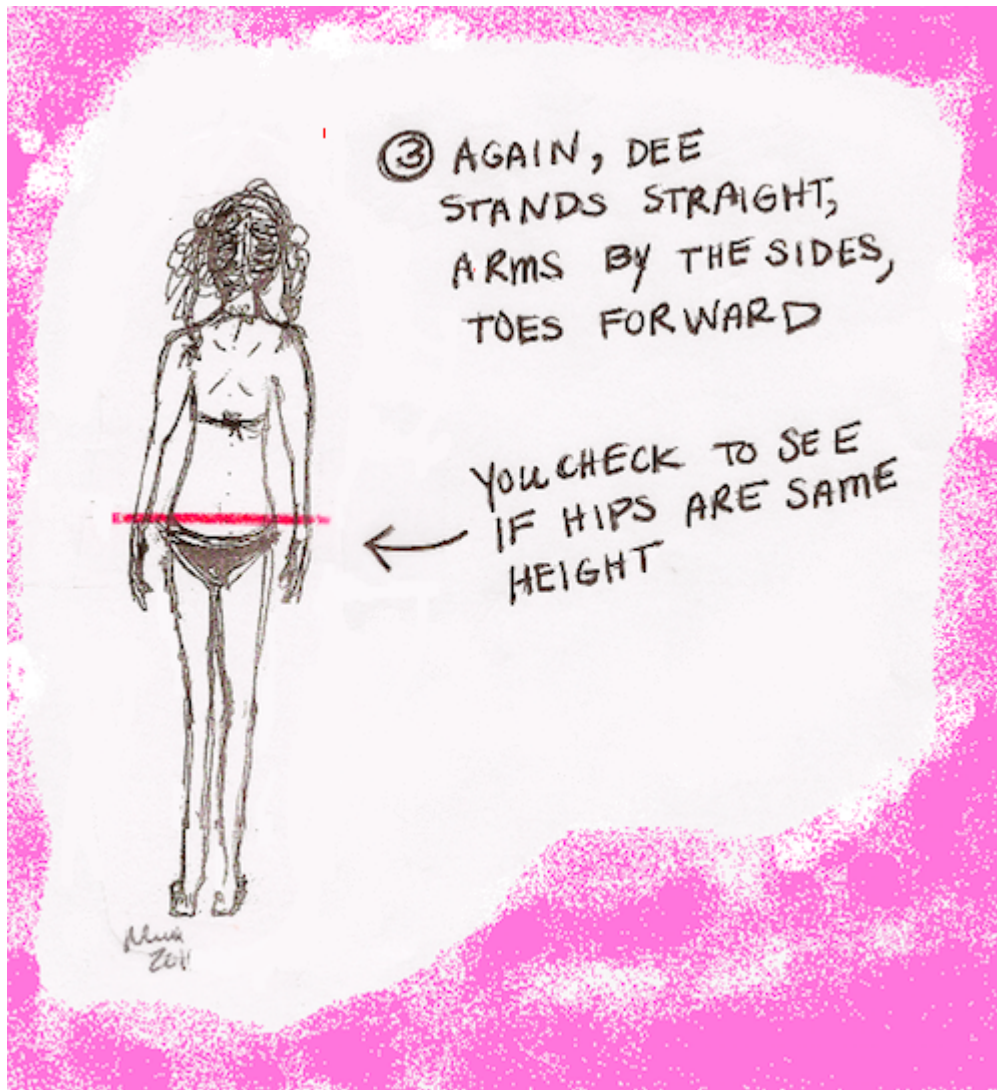


Allen  
2011

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