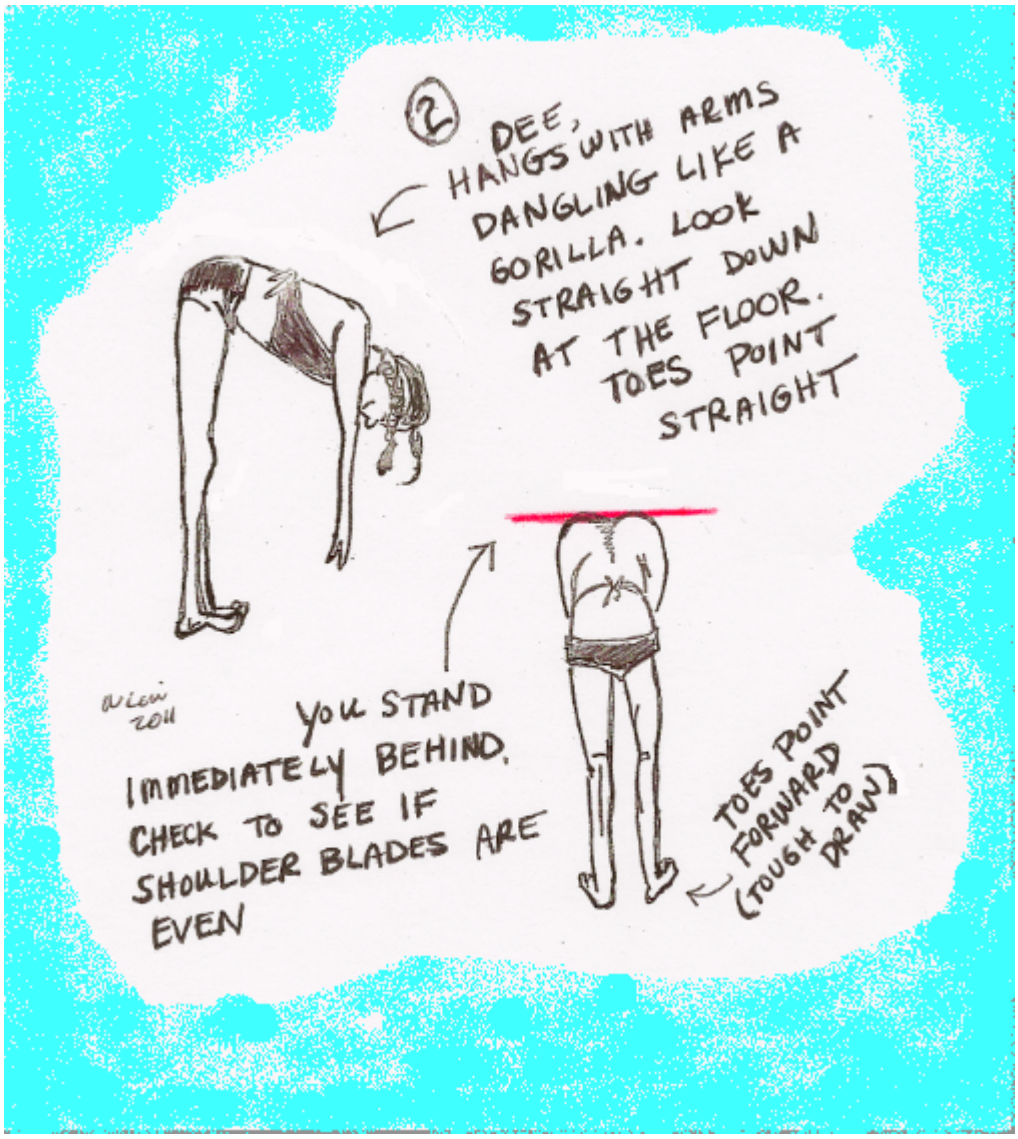
How to check for scoliosis: as easy as 1-2-3

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!

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