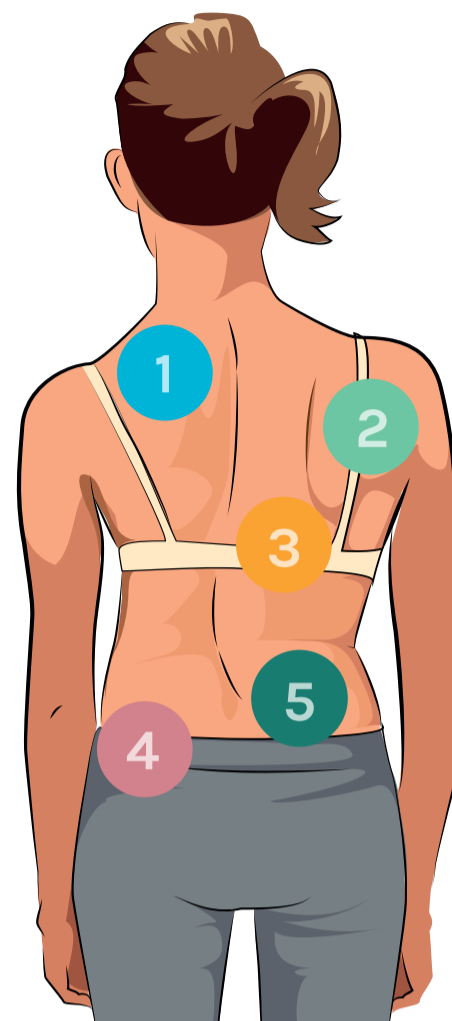


### Standing Assessment

Standing in a relaxed neutral posture, feet slightly apart and arms dangling by their side.

Any visual asymmetry can be a sign of scoliosis.

- |                                   |                             |
|-----------------------------------|-----------------------------|
| <b>1</b> Shoulders asymmetrical   | <b>4</b> Hips asymmetrical  |
| <b>2</b> Prominent shoulder blade | <b>5</b> Waist asymmetrical |
| <b>3</b> Visible curve            |                             |

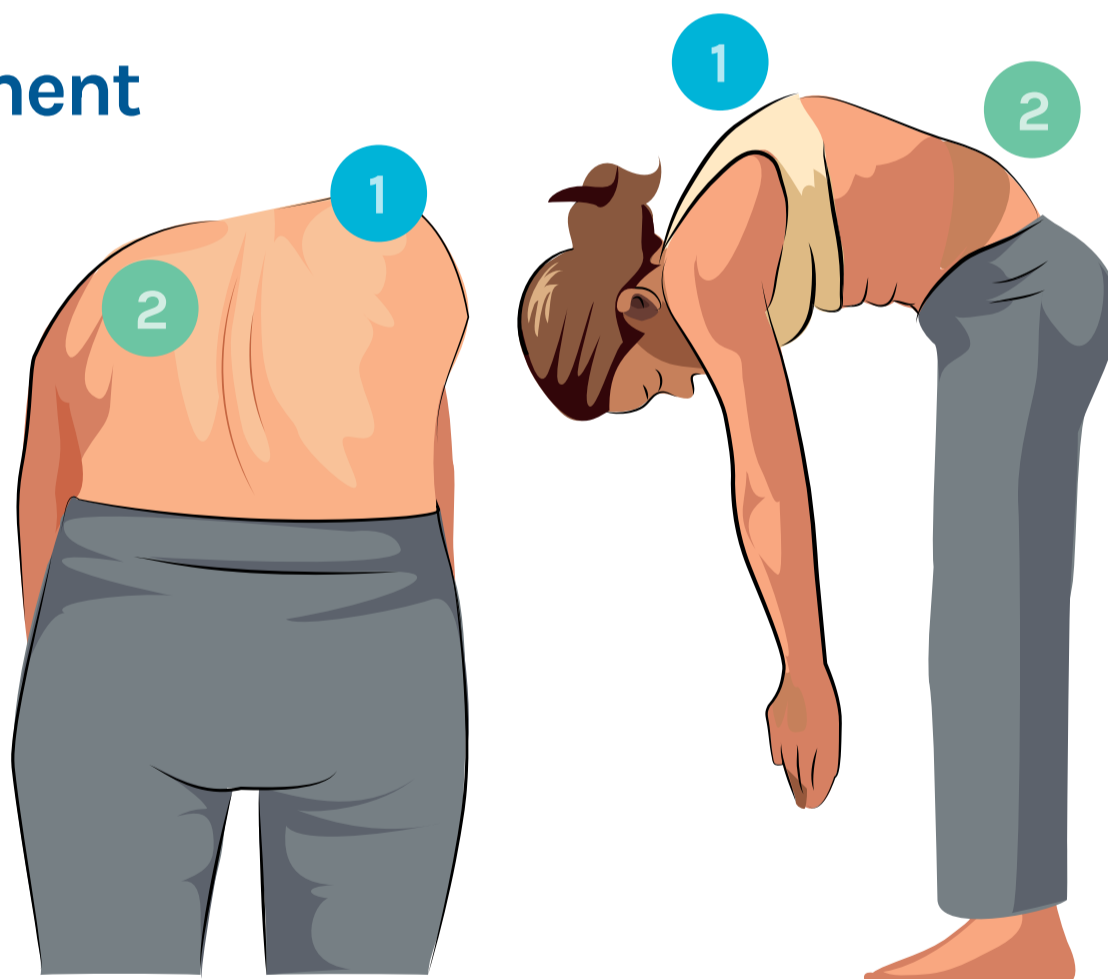


### Forward Bending Assessment

Bending forward with feet together and knees straight, arms dangling together with fingers pointing down.

Any rib cage or lumbar asymmetry can be a sign of scoliosis.

- |                            |
|----------------------------|
| <b>1</b> Thoracic rib hump |
| <b>2</b> Lumbar hump       |



The use of a scoliometer is recommended for the most accurate results.



#### Red flags

MRI may be required to rule out pathology

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| - Left thoracic curve in adolescents | - Scoliosis with a Kyphosis       |
| - Right lumbar curve in adolescents  | - Scoliosis in under 10 year olds |