



**S** shaped curvature or  
**C** shaped curvature of the spine  
**O** ccurs frequently from age 10-19 during  
**L** ast major growth spurt  
**I** diopathic - cause unknown in 85% of cases  
**O** ne in ten people have some curvature  
**S** mall curves require observation  
**I** n between or moderate curves may benefit from bracing  
**S** evere curves may require surgery

**Early diagnosis leads to a better long term prognosis**

**S** tand several feet behind for the best view  
**C** hild should be positioned: feet together, knees straight and arms loose at sides  
**R** ecognize differences in shoulder heights, shoulder blade protrusions and hip heights  
**E** xamine the child bending forward – back parallel to the floor  
**E** ither side of the lumbar spine or rib cage should be even with the other  
**N** ote any asymmetries  
**I** nspect the child from the side  
**N** otice any excessive roundness or lordosis (sway back)  
**G** ive appropriate referrals to the child's primary care provider



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