

A blurred background image of a library with bookshelves and warm lighting. The image is partially obscured by a white and blue geometric overlay on the right side.

7th Grade Health Screening

Washoe County School District



What is scoliosis?

- ▶ Scoliosis is a sideways curve or rotation of the spine.
- ▶ Scoliosis affects 3% of the population and generally appears after the last growth spurt before puberty.
- ▶ Scoliosis is best treated when found early.
- ▶ Treatment is determined by the extent of scoliosis and may not require any intervention.



What to expect for your screening

1

Boys and girls will be screened separately by trained nurses.

2

You will be asked to take off your shoes.

3

Once in a private area, the nurse will ask you to take off your shirt with your back facing the nurse.

4

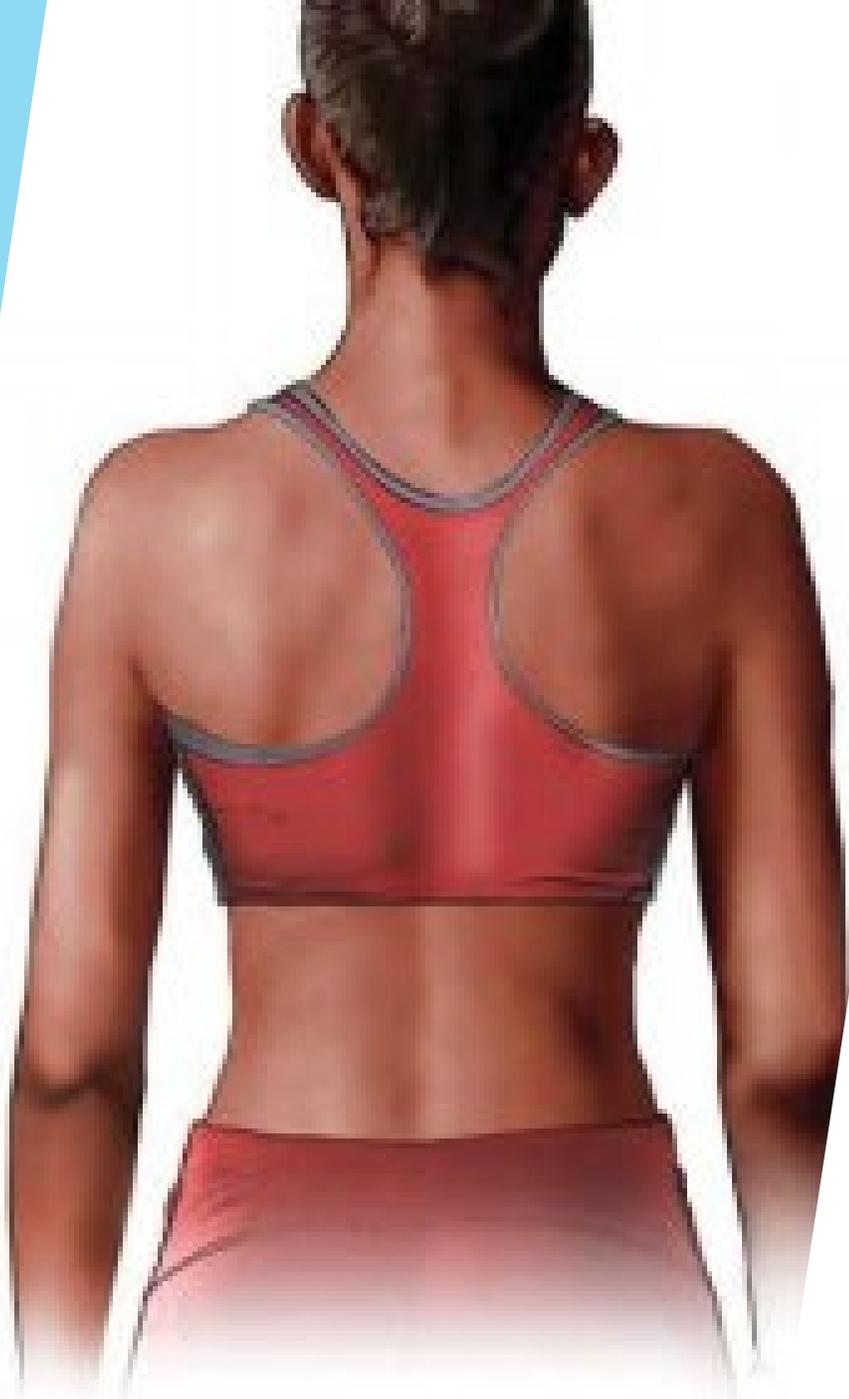
Stand with your feet together and weight equally distributed on both legs.

5

Let your arms hang naturally at your side, shoulders relaxed.



Arms relaxed
hanging naturally
at your side



Signs of Scoliosis

- ▶ Uneven shoulders and shoulder blades
- ▶ Unequal distance between arms and body
- ▶ Uneven hips
- ▶ Rib hump or rib prominence
- ▶ Lower back hump
- ▶ More than normal roundness



Elevated shoulder and shoulder blades



Unequal distance between arms and body



Uneven hips



Rib prominence



Lumbar (lower back) prominence



More than normal roundness



Adam's Forward Bend Test

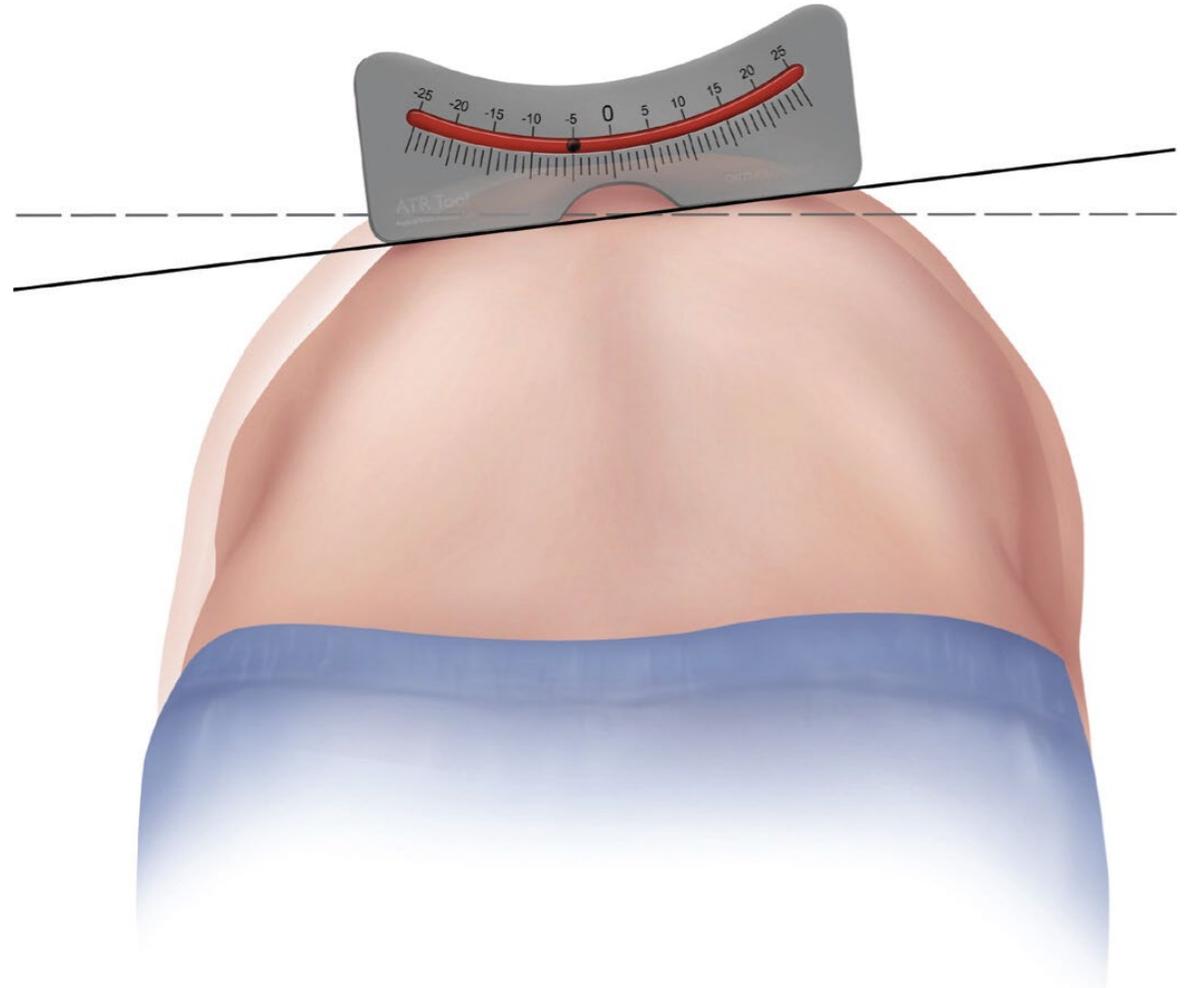


- ▶ Put palms of your hands together, arms out straight.
- ▶ Put your chin on your chest.
- ▶ Roll down until hands reach mid-shin.



Scoliometer

- ▶ The nurse may place a scoliometer on your back to determine if there is a curve or rotation of the spine.



The background of the slide is a photograph of a school hallway. On the left, there are rows of orange lockers. The hallway leads to a staircase in the distance. A dark, semi-transparent overlay covers the right half of the image, where the text is placed. The overall color scheme is blue and white, with geometric shapes in the corners.

REMINDERS

Your screening will consist of vision, hearing, and scoliosis

Please be quiet walking to the screening location and during the screening to be respectful of surrounding classrooms and your peers.





Thank you!!

