



S shaped curvature or
C shaped curvature of the spine
Occurs frequently from age 10-19 during
Last major growth spurt
Idiopathic - cause unknown in 85% of cases
One in ten people have some curvature
Small curves require observation
In between or moderate curves may benefit from bracing
Severe curves may require surgery

Early diagnosis leads to a better long term prognosis

Stand several feet behind for the best view
Child should be positioned: feet together, knees straight and arms loose at sides
Recognize differences in shoulder heights, shoulder blade protrusions and hip heights
Examine the child bending forward – back parallel to the floor
Either side of the lumbar spine or rib cage should be even with the other
Note any asymmetries
Inspect the child from the side
Notice any excessive roundness or lordosis (sway back)
Give appropriate referrals to the child's primary care provider



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