

Five-step screening process

1. Examine the student from the front, in a standing position.
2. Examine the student from the front, bending toward you.
3. Examine the student from the back, in a standing position.
4. Examine the student from the back, bending away from you.
5. Examine the student from the side, in a bending position.

Five-step screening process

First position: Front, standing position

Instructions to the child:

- Face the screener. Put your feet together with equal weight on both legs.
- Breathe in. Let it out, and relax your shoulders. Let your arms hang naturally at your sides.

Look for (see Figure 1):

- Uneven shoulders (Is one shoulder higher?)
- Arm hanging out farther from body on one side
- Hip that appears higher on one side

Second position: Front, bending forward (Adams Forward Bend Test)

Instructions to the child (see Figure 2):

- Put your palms together with arms out straight.
- Put your chin on your chest and roll down until your hands touch your feet.

Note: Encourage the child to continue to roll down as far as possible until her back is parallel to the floor. Have the child repeat the Adams Forward Bend Test if she rolls down too quickly or if she rolls down to one side or the other. The child's hands should be pointing at her big toes.

Look for (see Figure 3):

- Upper rib prominence on one side
- Lower rib prominence on one side
- Lower back (lumbar) prominence on one side

Figure 1

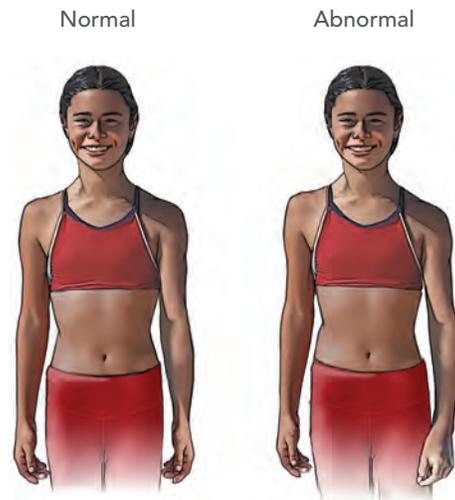


Figure 2



Figure 3



Third position: Back, standing position

Instructions to the child:

- Turn around (child's back is now to screener). Put your feet together with your weight equally on both legs.
- Breathe in. Let it out and relax your shoulders. Let your arms hang naturally at your sides.

Look for (see Figure 4):

- Uneven shoulders (Is one shoulder higher?)
- Shoulder blade (scapula) more prominent or higher than other
- Arm hanging out farther from body on one side
- Waist fold deeper on one side



Fourth position: Back, bending away (Adams Forward Bend Test)

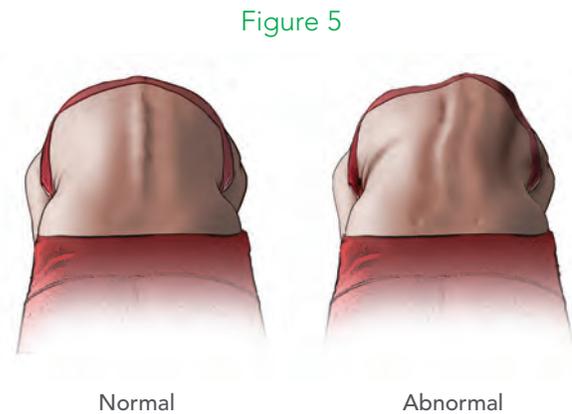
Instructions to the child:

- Put your palms together with arms out straight.
- Put your chin on your chest and roll down until your hands touch your feet.

Note: Encourage the child to continue to roll down as far as possible until her back is parallel to the floor. Have the child repeat the Adams Forward Bend Test if she rolls down too quickly or if she rolls down to one side or the other. The child's hands should be pointing at her big toes.

Look for (see Figure 5):

- Upper rib prominence on one side
- Lower rib prominence on one side
- Lower back (lumbar) prominence on one side



Fifth position: Side, in a bending position (Adams Forward Bend Test)

Instructions to the child:

- Turn to the side. Put your feet together with weight equally on both legs.
- Put your palms together with arms out straight.
- Put your chin on your chest and roll down until your hands touch your feet.

Look for (see Figure 6):

- Normal c-shaped curve or more-than-normal roundness (kyphosis)

Note: Encourage the child to continue to roll down as far as possible until her back is parallel to the floor. Have the child repeat the Adams Forward Bend Test if she rolls down too quickly or if she rolls down to one side or the other. The child's hands should be pointing at her big toes.

