

Spine Treatment and Education Program

Scoliosis Screening

Idiopathic scoliosis is a curvature of the spine that is greater than 10 degrees. The cause is unknown, and the condition develops most frequently in preteens and teens. Adolescent idiopathic scoliosis (AIS) is 10 times more common in girls than boys. Some patients with scoliosis may only need close monitoring, and some may need treatment. Treatment may include any combination of physical therapy, bracing, or surgery.

The Importance of Early Detection

According to the Pediatric Orthopaedic Society of North America (POSNA), the Scoliosis Research Society (SRS), the American Academy of Orthopaedic Surgeons (AAOS) and the American Academy of Pediatrics (AAP), AIS screening should be performed during the crucial ages of 10 to 14, when the adolescent growth spurt can progressively worsen spinal deformities to the point where major surgery is required. Scoliosis screenings, paired with early detection and effective management, may allow health care professionals to effectively treat this disease, often preventing surgery.

Stanford Children's Health is collaborating with your child's school to detect this adolescent disease. A nurse will perform a scoliosis screening for children grades 5-8. We DO NOT require your child to remove any clothing except for bulky jackets. If you wish to opt out of this free assessment, please sign this form and return to your school.

Student Name _____ Grade _____

I do not want my child to participate in the scoliosis screening.

Parent Signature _____