

The **A B C D** Of Scoliosis

Scoliosis is the abnormal twisting and curvature of the spine and can affect people of any age, from babies to adults. Early detection is key, and that's where the ABCD of scoliosis comes in.

A Asymmetry in the Back or Waist

Check for scoliosis by spotting unevenness: Are the shoulders or waist uneven? Does one rib cage or side fold more than the other?

Asymmetry is a key sign and takes just a moment to check.



B Bend Forward



The Adam's Forward Bend Test is a quick way to check for spinal issues.

Ensure the back is uncovered. Have the person bend forward with straight legs and arms, hands between knees if possible. Check for rib bulges or unevenness in the spine or shoulders

C Check for Curve

When scoliosis is present, the spine curves sideways or forward in some cases, creating a C or S shape in some cases.

If you spot a curve during the Bend Forward test or notice asymmetry, it's important to consult a healthcare professional.



D Diagnosis by X-ray



A formal diagnosis is made by a scoliosis specialist using an X-ray to determine the type and severity of the curve.

Early diagnosis means early intervention which can make a significant difference.