Norfolk Public Schools
The cornerstone of a proudly diverse community

School Year 2022 – 2023

Dear Parents/Guardians:

Norfolk Public Schools is committed to children's health and well-being, and therefore we are happy to provide you with important educational information regarding scoliosis. While screening is not routinely performed in Norfolk Public Schools, it is important that parents/guardians are aware of this health issue and current recommendations.

Scoliosis is an abnormal curvature of the spine. If untreated, the curvature of the spinal cord may progress and impair the body's range of motion and endurance, distort the position of the ribs, and impair the normal function of the heart and lungs. Fortunately, early detection and treatment can prevent the progression of scoliosis.

Scoliosis education and screening are recommended for students in grades 5 through 10. The American Academy of Pediatrics recommends scoliosis screening with the forward-bending test at routine health visits. The *Bright Futures Guidelines* recommend noting the presence of scoliosis during the physical examination of adolescents and children older than 8 years.

The procedure is a simple one and involves looking at your child's back while he or she is in a forward-bending position. The proper screening procedure is shown on the back of this letter. If you have concerns that your child has a possible abnormal curvature, please discuss this with your child's primary care physician.

Sincerely,

Dennis Moore
Dr. Dennis Moore
Senior Director of Student Wellness

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Steps to assess your child for scoliosis at home:

1. Are the shoulders even?

2. Do the shoulder blades appear to be even?

3. Do the arms hang evenly?

4. Is the backbone straight?

5. When bending over, is the back even or symmetrical?

6. Do the hips appear even?

** If there is a "no" answer to any of the above questions, it is recommended that your child be screened for scoliosis by their primary care provider.