
Office of the School Nurse

Date:

Dear Parents:

This year, along with routine vision, hearing, and height and weight screening, there will be a posture screening of grade _____ for possible spinal problems, particularly "scoliosis". Scoliosis is the medical term for sideward curve of the spine. It usually begins in the growing years of life, most commonly in adolescence, and affects at least 600,000 American children from the ages of 10-15. An estimated 10 out of every 100 children will develop scoliosis and 1-3 of these 10 will require active treatment. Girls are affected 8-10 times more often than boys. In 80-85% of the cases, the cause is unknown. A progressive disease, it can lead over the years to pain, crippling, heart and lung complications, and severe deformity.

When this condition is detected early, severe spinal deformities can be prevented. Interest in school screening is growing nationwide, and several state legislatures have passed laws requiring school screening.

The procedure is simple. I will look at the student's back as he or she stands and bends forward. Students are asked to wear pants and loose fitting T-shirts on screening day. Girls may wear bathing suit tops if they would feel more comfortable.

If your child has a beginning or observable curvature, you will be notified and asked to take your child for further examination by a physician.

Scoliosis is not rare, early detection is possible through this program. If you have any questions feel free to call me at school "insert school phone number".