Scoliosis Posture Check

Routinely check all young patients for postural distortions, especially when they are going through periods of rapid growth. Radiographs are the definitive diagnostic tool for scoliosis. No curve is too small for early intervention!







Typical Posture Presentation

(Be alert for atypical!)

1. Right Head Tilt
2. Librarian Pose
   (As if looking over glasses.)
3. Right High Shoulder
4. Right Anterior Hip
5. Uneven "Arm Holes"
6. Adam's Test: Right Rib Hump
7. Left Quadratus Lumborum Hypertrophy
8. Pelvis Shifted Right









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