

Home Scoliosis Screening

To screen someone for scoliosis follow these instructions.

1. Person stands with their back toward the observer.
2. Note any imbalances in the height of the shoulders or hips.
3. Have the person bend forward at the waist to touch their toes.
4. Look for any unevenness in the ribs along the spine when they are bent forward.

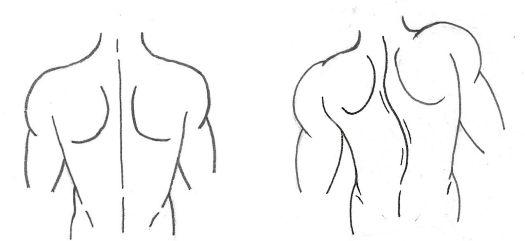
If any height difference is found from when comparing the shoulders and hips, the person may have a scoliosis.

When the person is bent forward and the ribs on one side of the spine are elevated (or humped), they may have a scoliosis.

If a scoliosis is suspected after your home screening, you should schedule a complete evaluation with a healthcare professional.

At Back2Balance, we provide complete and detailed examinations and appropriate solutions for scoliosis patients.

To find out more information check our website at www.back2balance.pt, email us at geral@back2balance.pt, or call us at 925182137 (chamada para rede móvel nacional) or 218271024 (chamada para rede fixo nacional)



Normal

Scoliosis

