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Screening for scoliosis. New recommendations, old dilemmas, no straight solutions

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This opinion review considers the prevailing question of whether to screen or not to screen for adolescent idiopathic scoliosis. New and improved standards of people-oriented care and person-centredness, as well as improved principles of preventive screening and guideline development, have been postulated and implemented in health care systems and cultures.

Recommendations addressing screening for scoliosis differ substantially, in terms of their content, standards of development and screening principles. Some countries have discontinued issuing recommendations. In the last decade, a number of updated and

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IN 2004, THE US PREVENTIVE Services Task Force (USPSTF) called for an end to a century-long practice of **screening** adolescent schoolchildren for **scoliosis**.¹ According to its panel of medical and public health experts, **scoliosis screening** did not meet the criteria of evidence-based medicine, standards first articulated and upheld by the USPSTF and the US Public Health Service in 1984.

Cited by: 66

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Publish Year: 2012

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Scoliosis – Symptoms, Diagnosis and Treatment

<https://www.aans.org/.../Scoliosis> ▾

Scoliosis is usually confirmed through a **physical examination**, an x-ray, **spinal radiograph**, **CT scan** or **MRI**. The curve is measured by the Cobb Method and is ...



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Scoliosis Do's and Don'ts: Good, Bad & Everything Between

<https://www.treatingscoliosis.com/scoliosis-dos-and-donts> ▾

Oct 01, 2018 · Do's: Tips for Children (and Adults) with **Scoliosis** Do Start Early Intervention. Doctors may tell you to wait six months to a year if your child has a mild curve, but the greatest results may be achieved if your child gets muscle retraining and nutritional support before the curve reaches 30 degrees. You have the right to get a second opinion and chose the best **scoliosis** treatment options.

[10 Stretches to Help Alleviate Scoliosis Pain - Yoga Poses & Exercises for Scoliosis](#)

Scoliosis in Adults | CLEAR Scoliosis Institute

<https://clear-institute.org/living-with-scoliosis/scoliosis-in-adults> ▾

There are other methods of **scoliosis screening**, but they tend to be less effective at identifying **scoliosis** in adults. An **x-ray** is the primary method of accurately assessing the presence (or absence) of **scoliosis** in the spine. Adults with **scoliosis** are at a higher risk for pain and **disability**, and unfortunately, treatment options are limited.

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