



Scoliosis screening at your child's school

Adolescent Idiopathic scoliosis is a curvature of the spine that is greater than 10 degrees. The cause is unknown, and the condition develops most frequently in preteens and teens. Adolescent idiopathic scoliosis (AIS) is 10 times more common in girls than in boys.

Some patients with scoliosis may only need monitoring, and some may need treatment. Treatment may include any combination of physical therapy, bracing, or surgery. Our goal is to screen middle school youth at the age when AIS is predominate in order to prevent any further spine and back complications in their future.

Screening for scoliosis is done by a Stanford Registered Nurse. No removal of shoes or clothing except for jackets or bulky pull over sweaters is required. Screening consists of a forward bend test and a visual exam of the shoulders and back. Screening is done in a semi-private area and takes less than one minute. Parents will be notified of any abnormal findings.

The importance of early detection

According to the Pediatric Orthopaedic Society of North America (POSNA), the Scoliosis Research Society (SRS), the American Academy of Orthopaedic Surgeons (AAOS) and the American Academy of Pediatrics (AAP), AIS screening should be performed during the crucial ages of 10 to 14, when the adolescent growth spurt can progressively worsen spinal deformities to the point where major surgery is required. With early detection and management, scoliosis screenings allow health care professionals to effectively treat this disease, often preventing surgery.

Advantages to partnering with Stanford Children's Health Spine Treatment and Education Program

- State-of-the-art medical care with highly specialized pediatric orthopedic spine physicians
- Personalized care, from screening to treatment to follow-up care and education
- Personal and direct access to a registered nurse
- VIP services for school families and school staff, including immediate access to a Stanford specialist



My name is Jasmin Dinneen, and I am a registered nurse for Stanford Children's Health. I want to share with you a free community service that Stanford is offering to our Bay Area middle school students.

Current data on AIS states that conducting scoliosis screenings for children who are between 10 and 14 years old (grades 5-8) is beneficial to their long-term health and wellness.

Stanford Children's Health Spine Treatment and Education Program is collaborating with Bay Area schools to perform scoliosis screenings as a free community service. Our Children's Orthopedic and Sports Medicine Center agrees with the new positions of professional academies about AIS and believes that screening for this condition is important, especially at the ages of growth when scoliosis can progressively develop.

If you would like to know more about scoliosis screening, please do not hesitate to call me. I can be reached directly at (650) 206-3000.

Contact Us

Call (650) 206-3000 for more information, or visit us online at spine.stanfordchildrens.org.



Spine Treatment and Education Program

Scoliosis screening

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Adolescent idiopathic scoliosis (AIS) is 10 times more common in girls than boys. Some patients with scoliosis may only need close monitoring, and some may need treatment. Treatment may include any combination of physical therapy, bracing, or surgery.

The importance of early detection

According to the Pediatric Orthopaedic Society of North America (POSNA), the Scoliosis Research Society (SRS), the American Academy of Orthopaedic Surgeons (AAOS) and the American Academy of Pediatrics (AAP), AIS screening should be performed during the crucial ages of 10 to 14, when the adolescent growth spurt can progressively worsen spinal deformities to the point where major surgery is required. Scoliosis screenings, paired with early detection and effective management, may allow health care professionals to effectively treat this disease, often preventing surgery.

Stanford Children's Health is collaborating with your child's school to detect this adolescent disease. A nurse will perform a scoliosis screening for children grades 5-8. We DO NOT require your child to remove any clothing except for bulky jackets. If you wish to opt out of this free assessment, please sign this form and return to your school.

Student Name _____ Grade _____

I do not want my child to participate in the scoliosis screening.

Parent Signature _____