

GROWTH CHART

Measuring Your Child's Spine Health *Scoliosis Assessment*

Scoliosis is a condition when the spine has an abnormal side-to-side "s-" or "c" -shaped curvature (10 degrees or greater on x-ray) and is also rotated or twisted, pulling on the ribs. Three to five children out of every 1,000 develop spinal curves that are over 50 degrees and are considered large enough to require treatment.

If you suspect your child has scoliosis, you should seek help immediately. Untreated scoliosis can lead to heart and lung problems.

Midwest Orthopaedics at Rush spine surgeons are among the best in the country to diagnose, evaluate, treat and monitor young patients with scoliosis.

Early detection is important and here is a quick scoliosis check you can do with your child.

The Adams Forward Bend Test

1. Have your child stand and bend forward at the waist (the body should be parallel with the ground), with arms extended downward.

Check to see:

- Is there a prominence or hump near the ribs? Are the rib cages at different heights?
- Is there an asymmetry in the waist or hips (one side higher than the other)?

2. Look at the child's shoulders:

Check to see:

- Is one shoulder higher than the other?
- Is one shoulder blade more prominent than the other?

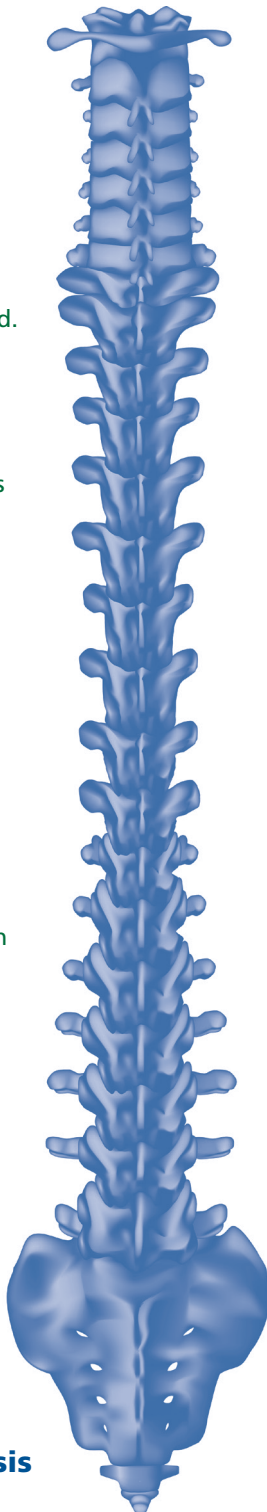
3. Have your child stand straight against the wall:

Check to see:

- Is your child's head centered on the shoulders?
- Is one hip higher or more prominent than the other?
- Does the child lean to one side?



Call 877 MD BONES (877.632.6637)
or log on to www.rushortho.com
for more information about scoliosis
or to make an appointment.



Dr. Howard An

Dr. Howard An, spine, back and neck orthopedic surgeon at Midwest Orthopaedics at Rush in Chicago, is one of the leading authorities on spinal surgery and has published more than 280 articles, 100 chapters and 15 books on spinal surgery and instrumentation. He holds the inaugural Morton International Endowed Chair position at Rush University Medical Center since 1997, and is currently Director of Spine Surgery and Spine Fellowship Program at Rush.



Dr. Christopher DeWald

Dr. Christopher DeWald, orthopedic surgeon and head of the spinal deformity division at Midwest Orthopaedics at Rush, specializes in advanced techniques in spinal surgery. Dr. DeWald is an active member of the prestigious Scoliosis Research Society and serves on the editorial board of major peer reviewed journals. Dr. DeWald, who is son of scoliosis surgeon Dr. Ronald DeWald, has lectured both nationally and internationally on the treatment of scoliosis. The father-son duo has 40 years of experience in scoliosis research at Rush and both have been involved in training fellows who specialize in scoliosis treatment. Dr. Christopher DeWald was fellowship trained in Germany, France, England, and Japan. He is a graduate of Rush Medical College and fulfilled a five-year orthopedic surgery residency at the University of Illinois Hospital, Chicago.

Drs. Christopher DeWald and Howard An are experienced spine surgeons in Chicago who work with young scoliosis patients.