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Cumulative-Scoliosis-Risk Weightage (CSRW) — Designing Preventive Strategies

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Scoliosis, lateral curvatures and rotations of the spinal column, is a body-disfiguring condition detectable around the age of eight years. It, severely, affects quality of life for children and adults. Girls are affected 5 times more than the boys. The deformity may distort the body; damage vital organs and may require major spinal surgery involving delicate nerves. If recognized at an earlier stage, the deformity may be treated by a combination of exercises and braces. A two-minute-stripped-orthopedic examination may be able to alert the physician to early-warning signs. Our group tested a protocol in a local school, applied to 7- and 8-year-old boys and girls, to assign *Cumulative-Scoliosis-Risk Weightage (CSRW)*. The protocols were based on family history, age, statuses of being tall and/or wasted, forward-bending tests (child facing the examiner and with back towards the examiner), non-alignment of plumbline, shoulder drooping, uneven scapulae, shape of midline of back (straight, C or S), unequal body triangles, uneven spinal dimples, positive moiré (back and front), with the weightage of each factor increasing if the condition persists during more than one examination. The drawback of this approach is that if history information is not available and some test results are missing, CSRW cannot be compared with other students of the same class http://www.ngds-ku.org/BLA/Scoliosis_Risk.pdf. The authors are in the process of fine-tuning this procedure.

Keywords: Scoliosis risk, visual examination, forward-bending test, tall children, wasted children

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Research Ethics: Project initiated after Institutional Review Process and conducted in compliance with ethical and human-right standards in our region.

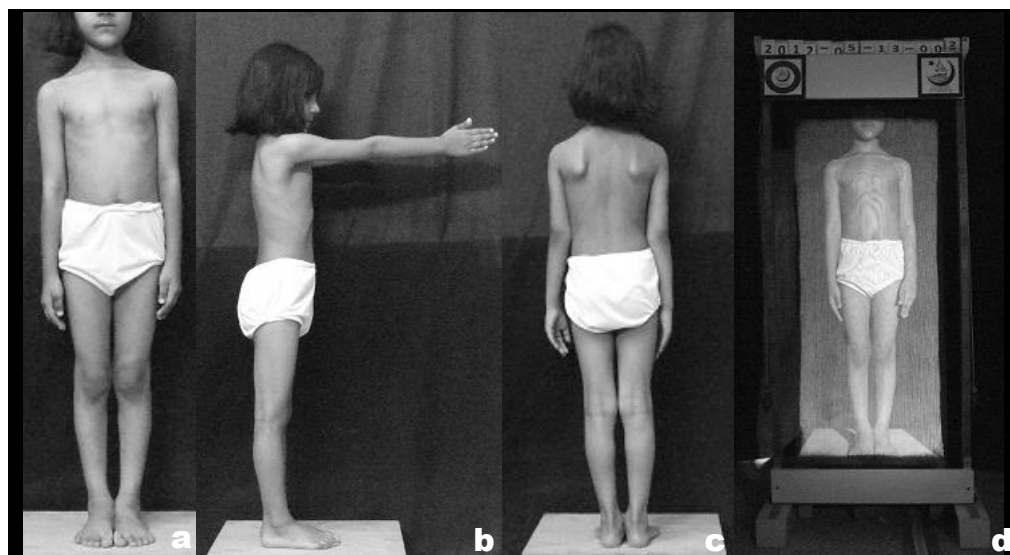


Fig. 1a-d. Visual — (a) front, (b) side and (c) back views as well as (d) moiré examination of a child's torso (looking for early-warning signs leading to scoliosis, kyphosis or lordosis)

Web address of this document: <http://www.ngds-ku.org/Presentations/CSRW.pdf>

HTML version: <http://www.ngds-ku.org/pub/confabstB.htm#C102>:

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