

## **Scoliosis Screening**

Scoliosis is a disorder in the curvature of the spine, which are often S-shaped or C-shaped. The most common type is Idiopathic Scoliosis, found mostly in children ages 10 into teen-age years. Schools have sponsored scoliosis screenings since the mid 1950's, to help identify adolescents who may need to be referred for treatment. The scoliosis screening has proven to be beneficial for many students but has also produced many false positives which has lead the Utah Department of Health to recommend against routine school scoliosis screenings. However, some organizations recommend screenings for girls twice, at ages 10 and 12 (5<sup>th</sup> and 7<sup>th</sup> grades), and boys screenings at age 13 or 14 (8<sup>th</sup> or 9<sup>th</sup> grade). As a result of the Utah Department of Health's recommendation, the district has changed the scoliosis screening to an "opt-in" process instead of an "opt-out" program. The changes mean if you would like to have your student screened for scoliosis, we will accommodate these requests on a case by case basis with the school nurse when we receive a signed request from the parent or guardian. You are welcome to contact the school secretaries to request an "opt-in" form which will allow the school nurse to conduct the scoliosis screening. If you would like read more about the scoliosis screening in schools and have access to a sample parent signature form, you can select the following link

[http://choosehealth.utah.gov/documents/pdfs/school-nurses/Final\\_Scoliosis\\_Guidelines.pdf](http://choosehealth.utah.gov/documents/pdfs/school-nurses/Final_Scoliosis_Guidelines.pdf)

If you would like to schedule a scoliosis screening for your students, please contact your child's school to access the "opt-in" form and the school nurse will schedule an appointment for the screening at no charge.

Ben Dalton  
Superintendent  
Kane School District