

SPINE SOCIETY OF AUSTRALIA

An Affiliate of the Australian Orthopaedic Association

February 2019

COMMITTEE ON SCREENING PROCEDURES

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Dear Principal

Scoliosis in schoolgirls

The National Self-Detection Program for Scoliosis 2019

We are writing again to recommend that all schools with girls in Years 5 and 7 participate in the National Self-Detection Program for Scoliosis by downloading our Self-Detection Fact Sheet and distributing it to their students. The Fact Sheet can be accessed directly from the Scoliosis Australia home page at www.scoliosis-australia.org and provides information on how to self-assess for scoliosis. We ask that your school participates annually in this important program and thank you if you have done so in the past.

Scoliosis (spinal curvature) is an important health problem for adolescent girls. Twenty-five girls per thousand are at risk of developing a significant curve and three girls per thousand require active treatment (spinal brace or surgery). In the early stages the condition is most often asymptomatic so screening in the age range of 10 to 12 years is a sound preventative measure. When school screening for scoliosis was abandoned some years ago we introduced the National Self-Detection Program for Scoliosis as a practical alternative. Our policy on the matter is fully explained on the website.

The Scoliosis Australia website also contains comprehensive credible information about the symptoms and treatment of scoliosis. Our forum is a useful resource and offers a strong support base for adolescent patients with scoliosis and their parents. Healthcare professionals and other interested parties can discuss the Program in the forum.

Thank you for your co-operation. We welcome comments from you and your staff.

Yours sincerely

Angus Gray

Convenor

Committee on Screening Procedures

Spine Society of Australia

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21 MAR 2019
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