

GLADEWATER INDEPENDENT SCHOOL  
HEALTH SERVICES

SPINAL SCREENINGS

**Purpose:**

The purpose of spinal screening is to detect the signs of abnormal curves of the spine at their earliest stages so that the need for treatment can be determined. Scoliosis, a common spinal abnormality found in adolescents, is a sideways twisting of the spine. It is usually detected in children between 10 and 14 years of age. Kyphosis, sometimes called round back, is an exaggerated rounding of the upper back and is often confused with poor posture. Many cases of curvature of the spine are mild and require only ongoing observation by a physician when they are first diagnosed, but others can worsen without treatment. Treatment can prevent the development of a severe deformity, which can affect a person's appearance and health.

**Screening Procedure:**

The procedure for screening is simple. Screeners who have been specially trained will look at your child's back while he/she stands and then bends forward. For this examination, boys and girls will be seen separately and individually.

**Please Note:**

ALL STUDENTS MUST REMOVE THEIR SHIRT FOR THIS EXAM. FOR THIS REASON, WE REQUEST THAT GIRLS WEAR A HALTER TOP, TUBE TOP, SPORTS BRA, OR A TWO-PIECE SWIMSUIT UNDERNEATH THEIR SHIRT ON EXAM DAY.

**Regular Check-Ups:**

Parents will be notified of the results of the screening only if professional follow-up is necessary. This screening procedure does not replace your child's need for regular health care and check-ups.

**It's the Law:**

According to law, all children in grades 5 and 8 are required to be screened. If, for religious reasons, you do not wish to have your child screened, you are to submit an affidavit of exemption to your child's school nurse prior to the date of the exam. Letters with this information will be sent home as notification of the screening dates.