

SCOLIOSIS SCREENING NOTIFICATION LETTER

N.J.S.A. 18A:40-43-Biennial Examination for Scoliosis

Dear Parents/Guardians:

District boards of education must provide biennial scoliosis screening programs. Every pupil between the ages of 10 and 18 must be examined for scoliosis every other year. In order to accomplish this, those students in grade 7 will be examined annually.

The purpose of the screening program is to detect a possible curvature of the spine at the earliest stage so that the need for treatment can be determined.

Scoliosis, the most common spinal abnormality, is a sideways curvature of the spine. Most cases of spinal curvatures are mild and only require ongoing observation by a physician after the diagnosis has been made. Mild curvatures are often only noticeable to those trained in detecting spinal abnormalities. Other curves may become progressively more severe as the child continues to grow. Early treatment can prevent the development of a severe deformity which can later affect the health and appearance of the child.

The procedure for the screening is simple. Screeners, who have been specially trained, will look at your child's back while he/she stands and bends forward. For this screening, boys and girls will be screened separately and individually. To assure a view of the spine, we will request that students expose their backs during screening.

You will be notified **ONLY** if medical follow-up is necessary. This screening does not replace your child's need for regular health care check-ups. Any student may be exempt from the screening upon written request by the parent or legal guardian.

Exemptions:

Students who are under observation or care for scoliosis by a physician or whose parents object in writing to screening need not be tested.

Students who have a physical on file for this school year and who have been adequately screened for scoliosis will not require an additional screening.

Sincerely,

Mary Ellen McDonald, R.N., C.S.N.