## Scoliosis Posture Check

Routinely check your children for postural distortions, especially when they are going through periods of rapid growth.

Please contact us if you observe any changes.

No curve is too small for early intervention!



## Typical Posture Presentation

(Be alert for atypical!)

- 1. Right Head Tilt
- 2. Librarian Pose
  (As if looking over glasses.)
- 3. Right High Shoulder
- 4. Right Anterior Hip
- 5. Uneven "Arm Holes"
- 6. Adam's Test: Right Rib Hump
- 7. Left Quadratus Lumborum Hypertrophy
- 8. Pelvis Shifted Right





Reduction. Hope. Innovation. NO Bracing or Surgery.

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