

Scoliosis checklist:

- Are neck angles the same?
- Is one shoulder blade higher than the other?
- Are waist angles asymmetrical?
- Do buttock folds differ?
- Do knee creases differ?
- In the forward bend/ flexed position, does the spine curve sideways?
- In the forward bend/ flexed position, is a rib hump present?

Kyphosis checklist:

- When lying on stomach lift head and shoulders off bed. Does a gutter form down the spine as the spine extends?

**Movement Solutions**

physiotherapists with special interest in childhood conditions and sports injuries

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