

## **Spinal Screening Procedure - Forward Bend Technique**

**Position I** - Student stands facing the screener. He/she should stand straight, feet slightly apart with weight evenly distributed, knees straight, arms at the side, and eyes straight ahead.

Observe the following:

- Shoulder - Is one shoulder higher than the other one?
- Waist - Is the waistline the same on both sides or is there a larger space between the arm and flank on one side?
- Hips - Are the hips level and equal? Is one side higher or does it stand out more than the other?

**Position II** - While still facing the screener, the student bends slowly forward until his back is parallel to the floor. The feet are slightly apart, the knees straight, and the palms of the hands are together and hanging down as if diving into a pool. The head is down and relaxed.

Observe the following:

- Chest Cage Hump - Are both sides of the back of the rib cage equal or does the rib cage have a hump on one side?
- Lumbar Inequality - Are both muscle masses in the small of the back equal or does one stand out more than the other?

**Position III** - Student stands as in Position I, with his/her side toward the screener.

Observe the following:

- Round Back - Is there an exaggerated roundness in the upper back?
- Sway Back - Is there an exaggerated arch in the lower back?

**Position IV** - With his/her side toward the screener, the student bends forward as in Position II.

Observe the following:

- Rib Hump - Is there an accentuated roundness over the rib cage or the area between the lower rib cage and the small of the back?

**Position V** - Student has back toward the screener, and stands straight as in Position I. Long hair should be pinned up or evenly separated and brought forward in front of each shoulder. The examiner views the entire back.

Observe the following:

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- Head - Does the head line up over the crease in the buttocks or is it displaced to one side?
- Shoulders - Is one shoulder higher than the other?
- Shoulder Blade (Scapula) - Is the wing on one shoulder blade higher or does it stand out more than the other one?
- Spine - Is the spine straight or does it curve sideways?
- Waist - Is the waistline the same on both sides or is there a larger space between the arm and flank on one side?

**Position VI** - With the back still toward the screener, the student bends forward as in Position II.

- Is there a bulge on one side of the rib cage?
- Is there a bulge on one side of the lower back?