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9<sup>th</sup> May, 2017

## **PCU SCOLIOSIS SCREENING PROGRAM FOR GRADE 6 STUDENTS**

**FRIDAY, 9<sup>TH</sup> JUNE, 2017**

Dear Parent/Guardian

Mt Eliza Primary School has agreed to be part of the Peninsula Chiropractors United (PCU) Scoliosis Screening Program. Your child's class has been selected to be involved in this process.

This community service initiative involves extensive co-ordination and volunteer time by local chiropractors who wish to see our young people growing up straight and healthy. Research shows that 2-3%<sup>1</sup> of children between 10 to 15 years of age will develop scoliosis and at least 80% of our adult population will develop a back problem at some stage in their lives.

The primary objective of the PCU Scoliosis Screening Program is early detection of scoliosis, as this enables early management and a better long-term health outcome for those children.

The scoliosis screening will be run on Friday, 9<sup>th</sup> June, 2017 and is free of charge.

There will be a minimum of two registered chiropractors in attendance. Each child will be individually assessed behind a screen. Groups of males and females will be screened separately. A school nurse or teacher will normally accompany the children.

A clear view of the spine is required for screenings, so boys will be asked to take their tops off and it is our preference for girls to wear one-piece bathers. Students will leave their shorts, trousers or skirts on for the screening. The screening will involve observation of the student from the side, back and front. They will be asked to flex forward and their spine will be assessed with a scoliometer (a small hand held instrument that we slide along the spine to detect any abnormal angles). The chiropractor performing the assessment may lightly touch the shoulders, waist and spine to assist in determining if spinal asymmetry is present.

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<sup>1</sup> Gutknecht S, Lonstein J & Novacheck T 2009, 'Adolescent Idiopathic Scoliosis: Screening, Treatment and Referral', *A Pediatric Perspective*, vol. 18, no. 4, pp. 1-6.

<sup>2</sup> Sabirin J, Bakri R, Buang SN, Abdullah AT & Shapie A 2010, 'School Scoliosis Screening Programme – A Systematic Review', *Medical Journal of Malaysia*, December issue, vol. 65, no. 4, pp. 261-7.

We anticipate that each child's screening will take no more than 2-3 minutes, so class disruption will be minimal.

The PCU, in association with the school will only send a letter home to parents of students with a positive screening. Any suspected scoliosis or significant postural abnormalities will be outlined and parents encouraged to investigate this further with the health professional of their choice, trained in spinal health care.

Please complete and return the slip below to your school regarding participation in the PCU Scoliosis Screening Program. All screeners are registered chiropractors who also have a current official working with children card. If you have any questions about the program please feel free to contact your classroom teacher on 9787 1385 or myself on 0422 385 490.

Thank you for your participation. Our goal in this program is to prevent undetected scoliosis and therefore improve the spinal health of our children across the Peninsula.

Yours sincerely



Kimberlie Furness  
PRESIDENT: PENINSULA CHIROPRACTORS UNITED  
TEAM MEMBER: PENINSULA CHIROPRACTORS UNITED



Brett Bell  
PRINCIPAL

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**GRADE 6 PCU SCOLIOSIS SCREENING PROGRAM – FRIDAY, 9<sup>TH</sup> JUNE, 2017**

**PLEASE RETURN THIS FORM BY WEDNESDAY, 7<sup>TH</sup> JUNE, 2017**

Please tick appropriate box

I DO agree to my child participating in the PCU Scoliosis Screening Program

I DO NOT agree to my child participating in the PCU Scoliosis Screening Program

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Date: \_\_\_\_\_