



CHIROPRACTIC LIFE

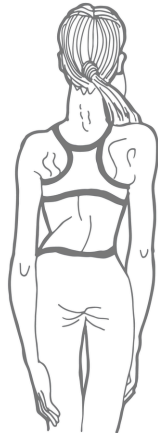
AT-HOME SCOLIOSIS TEST

A simple 6-step test to assess your child's spine for signs of Scoliosis.

Standing Position

Stand with your feet together with equal weight on both legs, let your arms hang naturally at their sides.

1 Uneven shoulders?



2 Minimised waist?

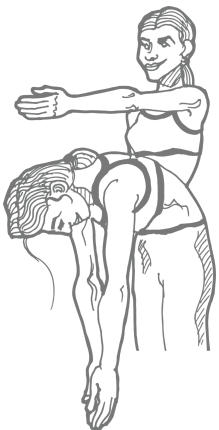
3 Hip higher on one side?



4 Arm longer on one side?

Adam's Forward Bend Test

Put your palms together with your arms straight out, put your chin on your chest and roll down until your hands touch your feet.



5 Rib prominence on one side?



6 Normal C shaped curve?



Further assessment:

If you notice any of these signs are present or you are unsure, and you have concerns regarding scoliosis, all of our chiropractors at Chiropractic Life are equipped with the tools and knowledge to assess, treat and refer where necessary. Go to chiropracticlife.com.au/locations to find a practice near you.

www.chiropracticlife.com.au/locations