Scoliosis Screening Programs in Schools in the US

Recommendations on scoliosis screening in schools by United States Preventive Services Task Force have undergone a shift over the past few years:

- **2004**: Not recommended
- **2018**: Inconclusive

What does current evidence say about suitable tests and cost efficacy?

**Reliable screening techniques available**

- Adam's forward bending test
- Adam's forward bending test with scoliometry
- Humpometer
- Moiré topography

**Advantages**

- Early detection allows initiation of bracing treatment, which is effective in preventing major surgery
- New technology has minimized radiation exposure

**Challenges**

- Cost efficacy can be minimized by well-organized and voluntary programs
- There is a lack of consensus for standard screening method or age

Scoliosis school screening programs could help in early diagnosis and prevention of surgical intervention; however, standardization of the screening process is needed.