



Steven M. Horwitz, DC, CCSP, CSCS
12200 Tech Road
Suite 104
Silver Spring, MD 20904
301-622-9000
drsteve@youcanbenefit.com
www.youcanbenefit.com

SCOLIOSIS SCREENING PROGRAM



Scoliosis is the most deforming orthopedic problem confronting children. It is a potentially progressive condition that affects children during their active growth phase and essentially subsides upon completion of spinal growth, leaving the child with a permanent deformity.

Scoliosis, a term used by Hippocrates, means abnormal curvature of the spine. When a scoliosis develops the spine bends sideways and rotates along its vertical axis. When looking at someone from behind, the spine curves either like a "C" or like an "S."

Awareness of its possibility, early detection, and prompt treatment can be effective in halting its progress and in many cases result in improvement. The goal of any screening program is early identification to prevent severe spinal deformity and its consequences.

Why Is This Program Important?

According to the Scoliosis Research Society, about 10% of the adolescent population has some degree of scoliosis. This means that about 1,000,000 children in the United States have scoliosis.

About one-fourth of these children will require medical attention that may consist of observation for further progression of the curve, bracing, or surgery, depending upon the degree of the curvature at the time of its detection. Some scoliosis may be so mild that treatment may never be necessary.

Most curves can be treated nonoperatively if they are detected before they become too severe. However, 60 % of curvatures in rapidly growing prepubertal children will progress. Therefore, scoliosis screening should be performed yearly on children over the age of 7. If scoliosis is neglected, the curves may progress dramatically, creating significant physical deformity and even cardiopulmonary problems with especially severe curves.

Maryland Law and Scoliosis

Code [§7-405](#) requires each public school system in conjunction with the local health department to provide scoliosis screening tests for all students at least once in grades 6 through 8. Regulation [13A.05.05.07](#) Section A defines the age that school children must be screened and designates responsibility for screening to local school systems and health departments. Local health departments must conduct the screening in all nonpublic schools and fund the screening in all schools.

The Program

1. A Brief Lecture: A 15 minute PowerPoint presentation will be given by Dr. Horwitz describing:

- The definition and causes of scoliosis
- How scoliosis is detected
- A description of the scoliosis screening program
- Why the screening program is important
- What will be done for those with positive findings
- Why it is important to act on those findings
- How to perform a quarterly examination of your child in the home

2. The Screening test

The actual screening test is very simple and can be performed in about 60 seconds. Dr. Horwitz will check the child's back by observing it while the child is standing and bending forward. Children with positive findings will be referred to their pediatrician.

3. The Benefits of this Program

A licensed health care professional experienced in detecting scoliosis will perform the screening test. The test will be done on children ages 7 and up because the goal of the program is early detection and prompt treatment. Parents will learn how to perform the screening on their children throughout the year and will be able to recognize any spinal changes very early on.

Who Is Dr. Horwitz?

Dr. Steven Horwitz is a graduate of Cornell University and the National College of Chiropractic. He is certified as a Chiropractic Sports Physician, Strength and Conditioning Specialist and a USA Weightlifting Club Coach. Dr. Horwitz was selected by the United States Olympic Committee as the sole chiropractor for the 1996 United States Olympic Team and has traveled internationally with U.S.A. Track and Field. In 1996, the Governor appointed Dr. Horwitz to the Maryland Council on Physical Fitness. He served as the Chairman of the council from 2002 to 2004. In May 2004, Dr. Horwitz was selected as the Maryland State Director for the National Strength and Conditioning Association. He is a recipient of the Maryland Chiropractic Association's Outstanding Achievement Award and *Washingtonian* magazine has chosen him as one of the area's top sports medicine doctors. Dr. Horwitz is the author of the book *YOU CAN BE FIT!* and has provided care for dance and theater groups like Jesus Christ Super Star, The Rockettes, Dance Theatre of Harlem, Crazy For You and Chicago. An avid athlete, Dr. Horwitz competes in powerlifting and bodybuilding.