INSTRUCTIONS FOR USE

1. View the person from behind, standing erect. (See Figure 1)

2. Ask the person to extend his arms forward and place hands together with palms flat against each other, as if to dive into water. (See Figure 2)

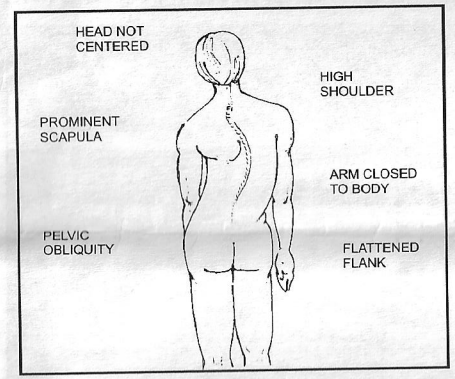

FIGURE 1

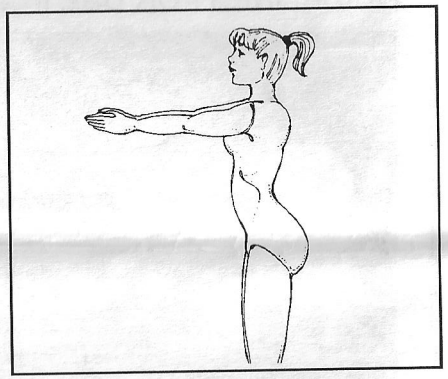

FIGURE 2

3. Ask the person to bend forward slowly, stopping when the shoulders are level with the hips. View the patient from both the front and back. For best view, your eyes should be at the same level as the back. Note any rib elevation and/or asymmetry in the flank (low back) area. (See Figure 3)

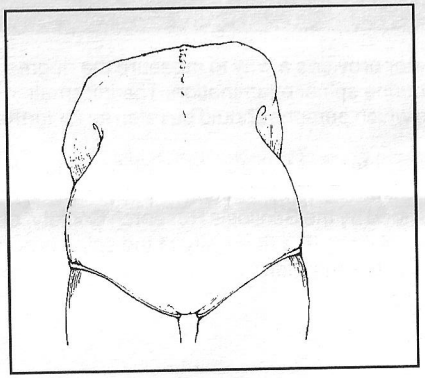

FIGURE 3

4. Before measuring with the Scoliometer, adjust the height of the person's bending position to the level where the deformity of the spine is most pronounced. This position will vary from one person to another depending upon the location of the curvature. For example, a curve low in the lumbar spine will require that the person bend further forward than one which is present in the thoracic or upper spine.

5. Lay the Scoliometer across the deformity at right angles to the body, with the "0" mark over the top of the spinous process (See Figures 4a and 4b). Let the Scoliometer rest gently on the skin; do not push down. Read the number of degrees of rotation.

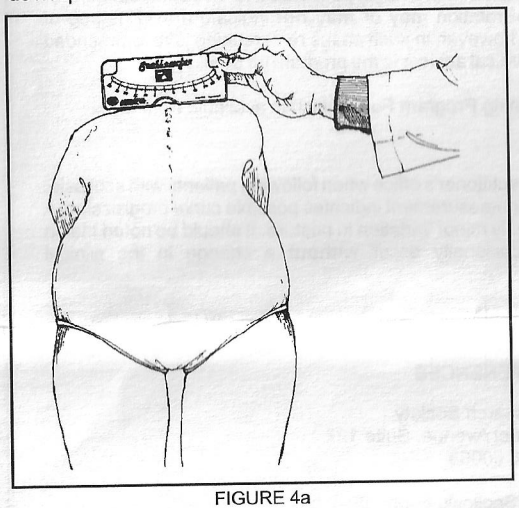

FIGURE 4a

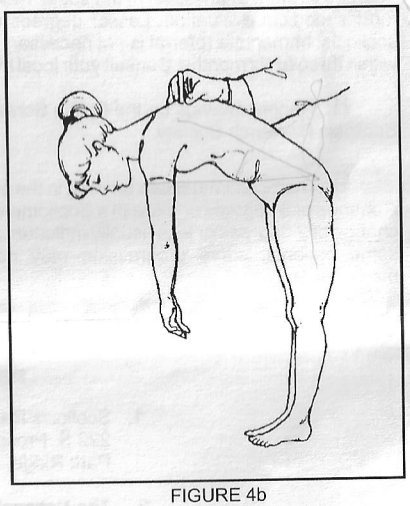

FIGURE 4b

6. NOTE: If there is asymmetry in both the upper and lower back, two (2) Scoliometer readings will be necessary. The curves will almost always go in opposite directions with the one in the thoracic spine usually to the right and the other in the lumbar spine usually to the left. (See Figures 5a and 5b)

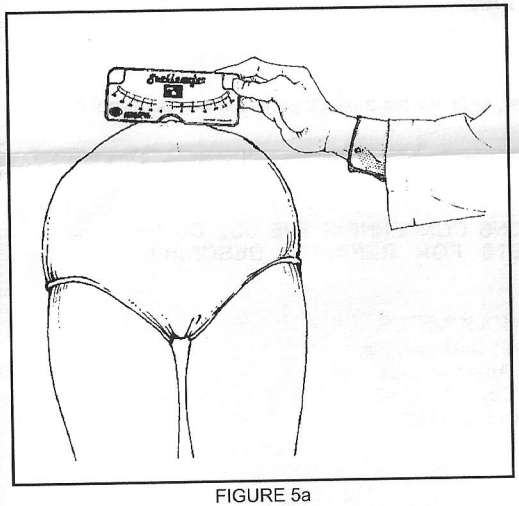

FIGURE 5a

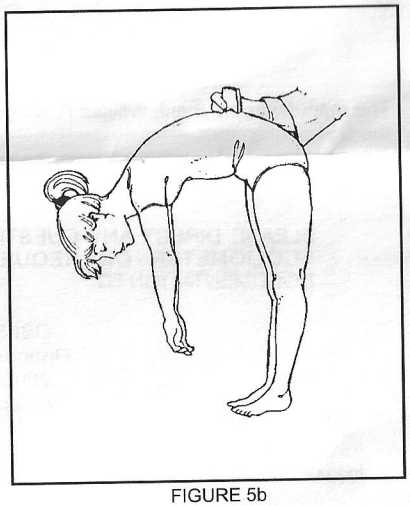

FIGURE 5b