



The occurrence of early signs of scoliosis in adolescent students

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Seen as one of the most common spinal disorders, scoliosis is a three-dimensional deformation, with important aesthetic and functional repercussions, which develops suddenly and progressively during growth stretches. Track early signs and the prevalence of scoliosis in schoolchildren aged 10 to 14 years using the scoliometer and biophotometry. A descriptive observational study was carried out, where the students were initially evaluated by postural inspection, and through the Adams test and scoliometer. For those who had a vertebral rotation greater than 5°, biophotometry was performed to analyze the leveling of the shoulders and the Tales Triangle using the program Image J. In the present study, early signs of scoliosis were verified in 25 (32.02%), of the 78 students evaluated, among which 15 were girls and 10 were boys. Although 60% of the sample of positives is female, the male group presented a greater severity of vertebral rotation when compared to girls. There was a higher frequency of apical vertebrae in T11 (24%) and a higher frequency of gibbosity on the left. The Adams test followed by measuring the rotation by the scoliometer was an important method for tracking scoliosis. Biophotometry can be useful as a method of clinical follow-up, but it should not be used for scoliosis screening because it presents divergences when compared to the scoliometer, an instrument of greater reliability for the diagnosis of scoliosis.

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