

SCOLIOSIS IS SNEAKY

While Scoliosis can be hereditary, it also occurs for no known reason. Preteen girls during a growth spurt seem to be most at risk for a curvature of the spine.



Hi, I'm Keegan!

I had no idea I had scoliosis. At the age of 13, the Wittler Orthodontics office manager noticed my shoulder blade sticking out. I hope to share how you can spot the signs too.



GET CHECKED!

Ask your medical professional to do

"The Adams Forward Bend Test" - it only takes a few seconds.



SIGNS OF SCOLIOSIS

Scoliosis mostly affects preteens.



Other signs:

- When bending at waist to a flat back, one shoulder blade looks like a hump.
- Clothes don't hang properly.
- Tightness or back pain.

Find out more about scoliosis at:
www.KeeganCares.com
A 501(c)(3) organization

**GET
CHECKED!**