

# The National Self-Detection Program for Scoliosis

## Notification to School Principal

---

Dear Principal

This letter is to bring to your attention to the National Self-Detection Program for Scoliosis (NSDPS), an important preventative health program for girls in your school aged 10 and 12 years (Years 5 and 7 in most states and territories).

Scoliosis, a sideways curvature of the spine, is a not uncommon condition and 2.5 percent of adolescent girls are at risk of developing a significant curvature.

For the last few years all schools in Australia with girls in the above age group attending were asked to download a simple Self-Detection Fact Sheet from [www.scoliosis-australia.org](http://www.scoliosis-australia.org), a project of the Spine Society of Australia, an Affiliate of the Australian Orthopaedic Association, and distribute it accordingly. If your school participated in the past we thank you for your co-operation. If inadvertently the NSDPS has not come to your attention we ask that you consider your school taking part in this program.

You are invited to peruse the Self-Detection Fact Sheet and Policy Statement at the Scoliosis Australia website. Our website offers comprehensive information about scoliosis for schoolgirls and their parents. It also offers a forum where members can share experiences and girls and their parents can obtain general advice from certified specialists who manage patients with spinal curvature. Healthcare professionals, school Principals, school nurses and parents of a child with scoliosis can discuss the NSDPS within the forum.

\* \* \*