

Adam's Forward Bend Test

Patient's name: _____ Gender: _____ Age: _____

Examiner: _____ Date: _____

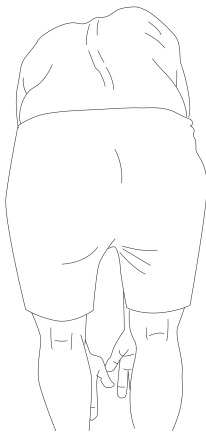
Test procedures

1. In a private and spacious area, ask the patient to stand and take off their shirt or wear a bathing suit so that their back is easy to observe.
2. Stand behind the patient and observe for asymmetry and limb length discrepancy.
3. Ask the patient to bend forward at the waist, with feet together, knees extended fully, arms hanging down, palms together, and head down.
4. Observe for any asymmetry, such as uneven shoulders, or a rib prominence on one side. Also, observe for increased or decreased lordosis/kyphosis.
 - a. **Optional:** You may use a scoliometer to measure the degree of rotation.
5. Repeat as necessary

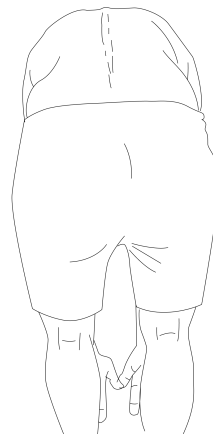
Negative: The patient has no scoliosis characteristics.

Positive: The patient displays scoliosis characteristics. Indicate which category below:

Structural scoliosis: The scoliosis characteristics become more pronounced as patient bends forward.



Functional scoliosis: The curvature becomes less pronounced or even symmetrical



Degree of rotation (if measured):

Additional notes

Examination Videos - Chiropractic Online CETM. (2015, May 19). *SRS educational video: Scoliosis screening exam*. YouTube. <https://www.youtube.com/watch?v=7bfp0fcfH7E>

Reamy, B. V., & Slakey, J. B. (2001). Adolescent idiopathic scoliosis: Review and current concepts. *American Family Physician*, 64(1), 111–117. <https://www.aafp.org/pubs/afp/issues/2001/0701/p111.html>