Advance Physical Therapy
 Certified Postural Restoration Center

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X-RAY the Smart Way

A parent's guide to minimizing radiation exposure for children who require scoliosis monitoring.

* Ask the physician to measure the deviations with a scoliometer before referring to x-ray.
* Demand lead or metal shields on breast and reproductive organs.
* Make sure the patient's back is toward the x-ray beam.
* Ask the Radiology Technician to use a filter (sometimes called a wedge).
* Have the patient stand at least 6 feet from the machine.
* Ask the radiology department to use narrow beam machine.
* Ask the radiology department to use fast conventional or rare-earth films.
 (This is because you don't need highest resolution to calculate Cobb angles.)

**Please request the following images**:

1. Coronal view (taken from the back)
2. Sagittal view (taken from the side)

**NOTE**: Each image above should be of the full spine, *from the occiput to the hip joints*

 **You are your child's BEST advocate!**

 *Courtesy of Scoliosis Rehab, Inc.*

[*www.scoliosisrehab.com*](http://www.scoliosisrehab.com)

See reverse side of this paper for more information about EOS imaging

**WHAT IS EOS?**

**EOS** is a [medical imaging](https://en.wikipedia.org/wiki/Medical_imaging) system whose aim is to provide frontal and lateral radiography pictures, while limiting the [X-ray](https://en.wikipedia.org/wiki/X-ray) [dose absorbed](https://en.wikipedia.org/wiki/Absorbed_dose) by the patient in vertical pose.

“EOS delivers a radiation dose that is two to three times less than a general computed radiography X-ray and 20 times less than basic computed tomography (CT) scans. Reducing radiation dose is particularly beneficial for children who need to be imaged frequently, such as children with spinal deformities like scoliosis.”
<http://www.chop.edu/news/chop-now-offers-low-dose-eos-spine-imaging>

**Will my Insurance pay for EOS?**

We suggest you call your insurance company to verify if imaging is covered
as **IN-NETWORK** or **OUT-OF-NETWORK** for your specific insurance plan.

Dawn Rasmussen, EOS Technician, has advised that EOS imaging is billed using the same CPT codes as traditional imaging. If you have any questions regarding your specific coverage for EOS imaging, please contact your insurance company. You will ask for coverage benefits for imaging at the imaging facility.
**Be sure to ask if you will be billed for any facility fees.**