

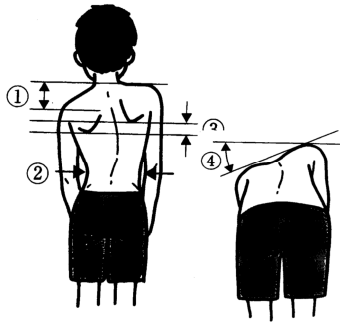
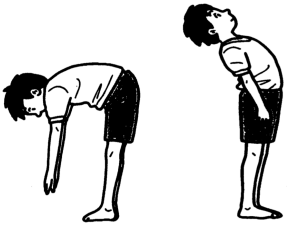
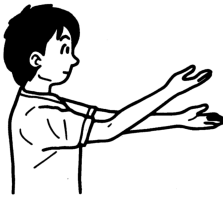
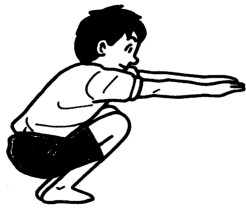

Examination of Musculoskeletal System for Health Preservation Form (英)

Date filled out : (yyyy) (mm) (dd)

School Grade Class Number Name

Dear parents and guardians,

Please circle answers to questions ① to ⑧ in the thick-bordered box “For Parents/Guardians Use”.

	How to do Examination	Questions	For Parents/ Guardians Use		For Use by School
A Spine		<p>◆ Four points to check for bends in spine <Have your child stand straight. Look at your child from behind.></p> <p>① Are shoulders a different height? ② Are sides of body curved differently? ③ Are shoulder blades at different heights or positions? <Have your child put palms of hands together and bend over forward> ④ Are left and right sides of bent-over back at different heights?</p>	Yes Yes Yes Yes	No No No No	Strangeness in health was observed [Details]
B Lower Back		⑤ When bending the lower back forward or backward, is there pain?	Yes	No	
C Arms		⑥ With palms of hands facing up, when bending the arms, stretching out arms or raising arms (i.e. in a “banzai!” gesture), is there pain or bad movements in shoulders or elbows?	Yes	No	
D Legs		⑦ When crouching, is there pain or bad movements in knees?	Yes	No	
E Legs		⑧ Can your child stand on one leg? (for about 5 seconds?)	NO	YES	

<For Parents/Guardians Use> If your child is already receiving health checkups about the above things or is doing follow-up visits please write those details here.