



Listening Hands
PHYSICAL THERAPY



SCOLIOSIS

Scoliosis is the lateral curvature of the spine but in reality, it is 3 dimensional

What is the Schroth Method for Scoliosis?

The Schroth Method is a scoliosis-specific exercise approach. It focuses primarily on the three-dimensional correction of the curve pattern. It is achieved through combinations of stretching, strengthening, and breathing in reverse directions, based on each patient's unique spinal deformation. The physical therapist will instruct the patient in specific exercises to elongate, centralize and de-rotate the spine with corrective breathing techniques. We condition and train you to be able to maintain the improved posture in your daily functions and activities.

Individual goals may include:

- Stop / decrease curve progression
- or partially correct
- Improve posture and movement function
- Decrease pain symptoms
- Enhancing neuromuscular control
- Increasing muscle strength & endurance
- Improve breathing capacity
- Teaching activities of daily living
- Improve brace effectiveness
- Prevent/delay surgery
- Improve psychological outlook & quality of life

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