6 Day Juvenile & Adolescent Schroth Method
Scoliosis Exercise Treatment
Program Summary

1 Initial Assessment: On arrival, photographs are taken of the patient - front and back, and from both sides (female patients wear a sports crop top, sports tights or shorts). Patient, Parent and Therapist then together, review the photos and recently taken (EOS) x-rays. From this point on a customised **Schroth 3D Exercise Treatment Program** is designed for the patient based on their type of idiopathic scoliosis.

3 Corrective Breathing: A formative Schroth rehabilitation technique, helps improve a patient's Vital Capacity. This technique directs breathing into scoliosis affected areas - the collapsed areas of the rib cage. Breathing in this manner helps improve rib mobilisation and decreases rotation in both the rib cage and spine.

4 Schroth 3D Program Outcomes: Patients (and Parents) gain a thorough knowledge of:

- The Patient's Pattern of Idiopathic Scoliosis | Auto 3D Postural Correction | Stabilising Corrected Posture | & How to Better Manage their Idiopathic Scoliosis on a Daily Basis.

2 Schroth 3D Program: Notes for each scoliosis therapy exercise include a photograph of the patient in their an optimal **Corrected Posture.** The notes and photos are provided to the patient in a comprehensive customised Schroth Home Exercise Program (HEP) manual put together during their **In-Clinic** experience:

- **Exercise Name** - Helps facilitate the **Schroth 3D Method** teaching process.
- **Main Focus** - Therapeutic goals of each specific exercise: postural alignment; muscle rebalance; endurance.
- **Positioning** - Basic 3D corrections for the whole body from the pelvis (including lower limbs) upwards. Positioning is different for each scoliosis pattern.
- **Elongation** - Active elongation of the spine upwards from the pelvis after achieving basic 3D corrections.
- **Exercise** - The **'Main Part'** during which specific muscle tension and **Corrective Breathing** facilitate postural correction and 3D posture stabilisation.
- **Variations** - Schroth therapy exercises are performed either standing, sitting, kneeling, side-lying, or lying in a supine or prone position.
- **Sets and Repetitions** - Exercises are repeated a number of times (sets). Each set includes a number of **Corrective Breathing** cycles (repetitions).

5 Primary Program Goals focus on the Patient's health related quality of life:

- **Limiting the risk of curve progression and reducing the likelihood of progression to surgery | Improving** lung capacity and rib mobilisation through Corrective Breathing | **Preventing** or treating Pain Syndromes | **improving** aesthetics via postural correction | and avoiding spinal fusion surgery **(Absolute Goal)**.

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