

6 Day Juvenile & Adolescent 3D Schroth Scoliosis Exercise Therapy Program Summary

When a patient and their parent first arrive at our Scoliosis Clinic for one of our 6 Day 3D Schroth Programs we take photographs 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 x-rays. From that point on a customized 3D Schroth scoliosis exercise therapy program is designed for the patient based on their type of idiopathic scoliosis.

Parents are actively involved during the program and are coached to help their daughter/son with their 3D Schroth Scoliosis Therapy Exercises during their in-clinic program experience.

Notes for each customized 3D Schroth scoliosis therapy exercise are set out in the following manner and include a photograph of the patient performing each exercise in **an optimal corrected posture**. The notes and photos are provided to the patient in a comprehensive customized Schroth Home Exercise Program (HEP) manual put together during their in clinic experience:

- **Exercise Name** - Helps facilitate the Schroth 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 **Schroth Corrective Breathing** facilitate postural correction and 3D stabilization.
- **Sets and Repetitions** - Exercises are repeated a number of times (sets). Each set includes a number of **Schroth Corrective Breathing** cycles (repetitions)
- **Variations** - Schroth therapy exercises are performed either standing, sitting, kneeling, side-lying, or lying in a supine or prone position.

Schroth Corrective Breathing, a formative rehabilitation technique in the Schroth Method, helps improve a patient's vital capacity (lung capacity). This technique directs breathing into the scoliosis affected areas - the collapsed areas of the rib cage. Breathing in this manner helps improve rib mobilization and decreases rotation in both the rib cage and spine.

During their 3D program patients (and parents) gain a thorough knowledge of:

- Their Pattern of Idiopathic Scoliosis
- Schroth Method Principles and Terminology
- Postural Awareness
- Pelvic Corrections
- Schroth Corrective Breathing
- Mobilization Techniques
- How to Better Manage their Idiopathic Scoliosis on a Daily Basis

The main goal is to enhance Patients' health related quality of life by: preventing further curvature progression; alleviating/eliminating pain and stiffness; increasing their mobility; aesthetically improving their posture; and avoiding spinal fusion surgery.

On completion of their 6 day 3D Schroth Program patients leave with a comprehensive Schroth Home Exercise Program Manual together with digital backup on a USB stick.