

6 Day Adult Schroth Method Scoliosis Therapy Program Summary

When a patient first arrives at our Scoliosis Clinic for one of our 6 Day 3D Schroth Programs we take photographs of them - front and back, and from both sides (female patients wear a sports crop top, sports tights or shorts). Patient and therapist then together, review the photos and x-rays. From that point on a customized Schroth scoliosis exercise therapy program is designed for the patient based on their type of idiopathic scoliosis.

Notes for each customized 3D Schroth scoliosis therapy exercise are set out in the following manner and include a photograph 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 and 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 assists improve rib mobilization and decreases rotation in both the rib cage and spine.

During the program patients gain a thorough knowledge of:

- Their Pattern of Scoliosis
- Schroth Method Principles and Terminology
- Postural Awareness
- Pelvic Corrections
- Schroth Corrective Breathing
- Mobilization Techniques
- How to Better Manage their 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; aesthetically improving their posture; and avoiding spinal fusion surgery

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