

Scoliosis Therapy Centre

Schroth Method



Before attending the Scoliosis Therapy Centre, she had been managed through the conventional hospital pathway of observation and generic symmetrical bracing. Despite this, her scoliosis continued to present significant concerns for her and her family.

Her journey began in December 2015. At the time she was 13 and approaching her peak growth spurt. Her thoracic curve was 33° and her lumbar curve 30°. During a series of hospital appointments over the ensuing 24 month period, her curves rapidly progressed. Apart from a short period of generic symmetrical hospital bracing, observation and surgery were the only treatment options prescribed. While she refused surgery, no alternative conservative treatment options such as the Schroth Method of scoliosis exercise treatment or Three-dimensional Chêneau style asymmetrical bracing were considered or recommended by the hospital. By January 2018 her thoracic curve had progressed to 57° and her lumbar to 50°.

She first came to our Scoliosis Therapy Centre from Hong Kong in April 2018 for a 6 day Schroth Method Patient-Parent exercise treatment program. After attending her program, over the ensuing 6 months, she continued doing her weekly Schroth exercises at home. In November 2018, X-rays showed her lumbar curve had reduced from 50° to 44°.

Between November 2018 and April 2025, the only treatment recommended by the hospital was surgery. In April 2025, refusing surgery yet again, she returned to our Scoliosis Therapy Centre for further Schroth Method exercise treatment. At that time her most recent x-rays showed her thoracic curve was 64°, and her lumbar curve 35° - a significant reduction of 15° since January 2018. Without her continued commitment (2018-2025) to her Schroth Method home exercise program and postural self correction in daily living, her lumbar curve reduction would not have been possible.

Thoracic curves of >50° which develop during growth, have a tendency to progress in adulthood 0.5-1° per year. In June 2025 her Schroth home exercise program was revised to specifically focus on her thoracic curve to help limit its progression.

Has the patient has demonstrated, It's possible to actively manage scoliosis without surgery and without compromising your quality of life. Having continually refused surgery, empowered by the Schroth Method, the patient is living her life without fear of her condition. On leaving school she gained a BA in English Literature, and chose journalism as a career. At the time of writing the patient is on sabbatical studying a Masters degree.

This is one patient's experience. It's important to understand, scoliosis is individual, and treatment decisions depend on factors including curve pattern, magnitude, skeletal maturity, growth remaining, and an individual's response to treatment.