

AIS Patient Case Study



The AP x-ray image (left) is that of an adolescent female patient, initially diagnosed at the Duchess of Kent Children's Hospital (DKCH), Hong Kong with idiopathic scoliosis in **December 2015**. At that time she was **13**, having experienced her first menstrual period in April that year. Her **Thoracic curve was 33°** and **Lumbar curve 30°**.

During a series of hospital appointments over the ensuing 24 month period, observing (*Watching & Waiting*) her scoliosis, both her curves rapidly progressed. Although generic hospital bracing was prescribed for a short period of time, it proved to be ineffective - as is usually the case. Since no alternative timely and appropriate conservative treatment was either considered or provided, not unsurprisingly by **January 2018** her **Thoracic curve had progressed to 57°** and her **Lumbar to 50°**.

Images (below left) show the patient age 23 (**June 2025**).



She first came to our Scoliosis Therapy Centre in **April 2018** as the only treatment option DKCH prescribed for her scoliosis was surgery. **After attending her Schroth Program In April 2018**, over the next 6 month before her next hospital x-ray (**November 2018**), her lumbar curve had reduced **from 50° to 44°**

In **April 2025** DKCH pressed her about surgery yet again. Refusing surgery, she instead returned to the Scoliosis Therapy Centre in **June** for further Schroth Method treatment. At that time her thoracic curve was 64° and her lumbar curve 35° - **a significant reduction of 15°** since **January 2018**. Without her commitment to her Schroth Method home exercise program, even though she admitted being somewhat lax with her Schroth exercises for awhile, **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. Between **2018** and **2025** her thoracic curve only increased by **4°**. In **June 2025** her Schroth home exercise program was updated, specifically to target her thoracic curve to help prevent further progression.

Having refused surgery, and empowered by the Schroth Method she is pain free and enjoying life. On leaving school she gained a BA in English Literature, and chose journalism as a career. Currently she is studying a Masters degree at a university in London.