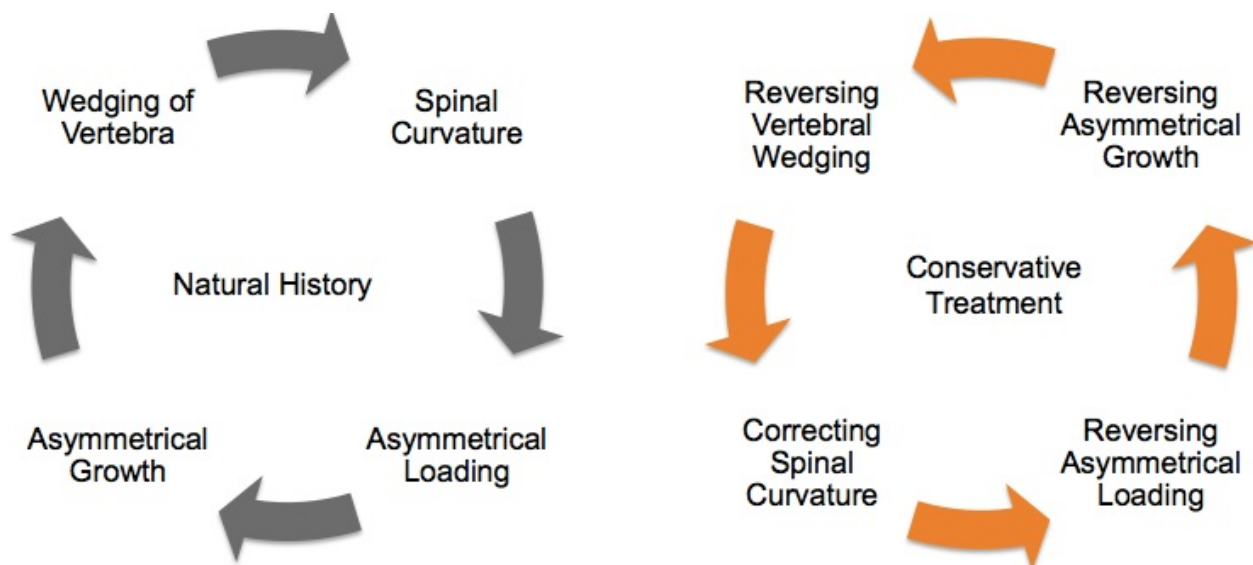


Vicious Cycle vs Virtuous Cycle

Schroth Method 3-dimensional exercises and 3-dimensional bracing aim to reverse the asymmetrical loading in a growing spine. This correction unloads the apical vertebrae of the curve allowing symmetrical growth to occur.

Research indicates that asymmetrical loading reduces the growth rate of the bone. Unloading or reducing the load placed on the wedged vertebrae increases the growth rate of the affected vertebrae. This is known as the [Heuter-Volkman principle](#).



The combination of Schroth Method exercises and 3-dimensional bracing have proven to be effective in improving curve reduction in idiopathic scoliosis patients. Schroth Method exercises rebalance and strengthen muscular which supports the corrective static forces of bracing.