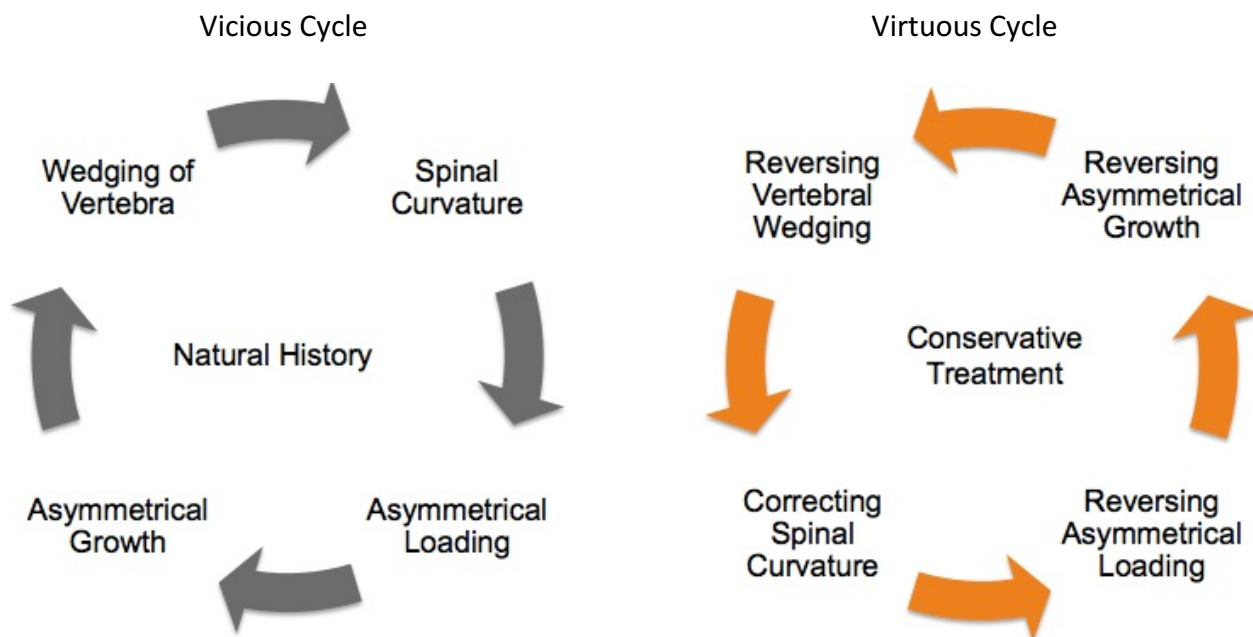


## Vicious Cycle vs Virtuous Cycle

The Schroth scoliosis-specific three dimensional (3D) exercises performed by the patient, places their spine in a similar over-corrected position, mirroring their pattern of scoliosis. This overcorrection unloads the apical vertebrae of the curve allowing symmetrical growth to occur.

The focus of the Schroth method is on reversing the vicious cycle of asymmetrical loading. Research indicates this 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(s). This is known as the Heuter-Volkman principle.



<http://www.naturalheightgrowth.com/2012/10/29/the-hueter-volkmann-law-explained/>

The above diagram is printed with the permission of Dr Daniel Comerford, Victorian Sports and Rehabilitation Clinic (VSRC): <http://vsrc.com.au/scoliosis-bracing/>