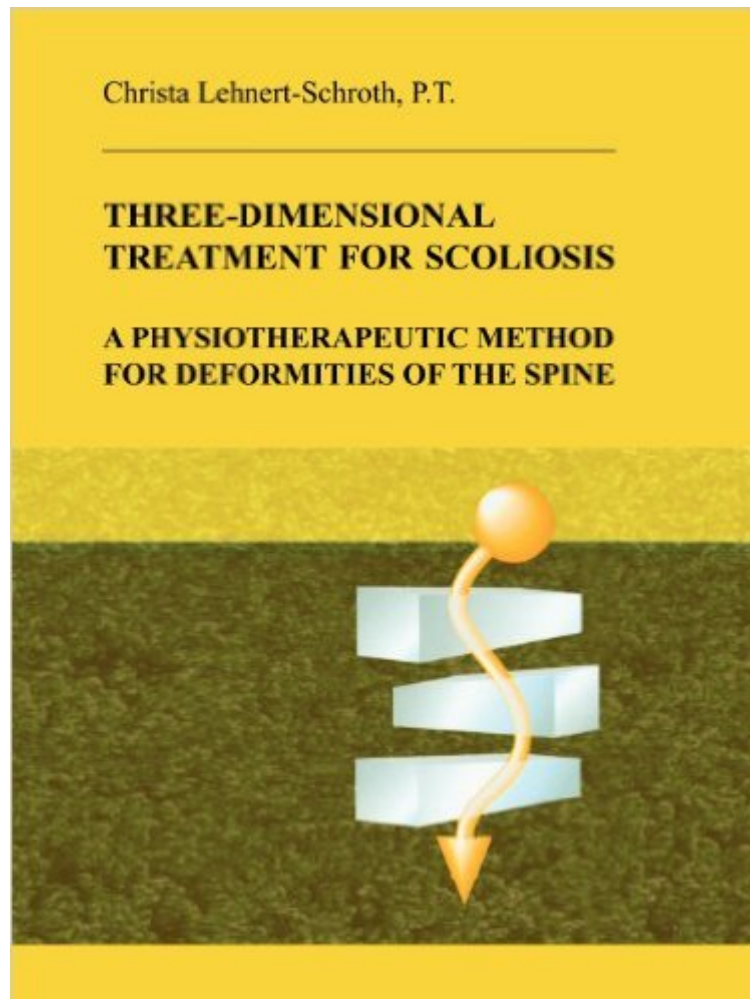


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# Three-Dimensional Treatment For Scoliosis: A Physiotherapeutic Method For Deformities Of The Spine



## Synopsis

Three-dimensional scoliosis therapy has for decades played an established role in the conservative management of mild and even of severe scoliosis. As well as describing every aspect of the pathologically curved, deformed spine, this textbook incorporates an extensive programme of exercises that can be tailored specifically to the needs of the individual patient. As outlined in Three-Dimensional Scoliosis Therapy: The Schroth Breathing Orthopaedic System, correction of the spinal deformity is based on a special breathing technique and active muscle stretching, as well as on elongation, detorsion and reduction of lordosis. The provision of psychological support for the patient is also emphasised as a key element. Christa Lehnert-Schroth born 1924 in Meissen She worked as a physiotherapist for about 50 years with scoliosis patients and further developed her mother's breathing orthopaedic technique with great success. Between 1961 and 1995 Christa Lehnert-Schroth - always surrounded by physicians - was director of the private Katharina-Schroth-Klinik in Bad Sobernheim/Germany. In many lectures, articles, seminars and films for physiotherapists and medical doctors in addition to recorded discs for patient's training at home she illustrated her mother's special method for scoliosis assuring well being of many patients and in honor her mother's legacy.

## Book Information

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## Customer Reviews

Diagnosed at 14 with an approximately 15 degree lumbar curve-- not serious enough to treat. Leg length discrepancy -- a cause or a result of the curve? As I have gotten older have had increasing

back stiffness and pain. Using a lift in one shoe to even out the hips did help but did not resolve the inflexibility and pain issues. Had many difficulties trying to do Pilates and Yoga, even with all the accommodations and modifications for spinal curve. Found "Three Dimensional Treatment for Scoliosis" by researching myself and ordered about a year ago. Although I cannot make optimum use of the book, I could get enough out of it to increase my understanding of my curve (comparing the photos to myself) and to start doing some of the stretches and exercises. The major insight came from understanding the impact of my curve -- I had assumed that the painful side was the weak side, but the Schroth book showed me that in fact this side is the tight, overly contracted and "strong" (not in a helpful way) side, and needed to be stretched. And the longer side needed extra attention in order to strengthen. This insight, all by itself, was incredibly empowering. Even though I cannot figure out exactly how to do all the exercises, I now understand enough to work each side in the correct mode. I have experienced a big improvement in flexibility and have been able to work the core muscles much more effectively, (and without back pain,) than I could in the Pilates classes. I saw in a recent NYTimes article that the Schroth method is starting to be more widely used in the United States. If there were a practitioner near me I would definitely go, but having the book and using it all by myself has been invaluable.

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