

### **What is the Schroth Method?**

The Schroth Method is a conservative physical therapy practice for individuals with scoliosis and Scheuermann's Kyphosis. The Schroth Method is a nonsurgical option for scoliosis treatment. It uses exercises customized for each patient to return the curved spine to a more natural position. The goal of Schroth exercises is to de-rotate, elongate and stabilize the spine in a three-dimensional plane. This is achieved through physical therapy that focuses on:

- Restoring muscular symmetry and alignment of posture
- Breathing into the concave side of the body
- Teaching you to be aware of your posture

This approach to scoliosis treatment was developed by Katharina Schroth and further popularized by her daughter Christa. Born in Germany in late 1800s, Katharina Schroth had scoliosis that was unsuccessfully treated with bracing. She developed her own breathing technique and exercises to manage her scoliosis. She and her daughter opened a clinic, where they treated more than 150 patients at a time.

### **When is this type of physical therapy indicated?**

It is a conservative treatment indicated for patients with scoliosis and hyperkyphosis of all ages and in all stages of treatment: before surgery, after surgery, and especially if surgery is not indicated. Through specific postural corrective exercises and breathing techniques, it aims to decrease muscle imbalances and asymmetric joint loading.

### **What are the goals?**

- slow or prevent curvature progression
- decrease pain
- improve pain management techniques
- improve aesthetics
- improve pulmonary function
- improve mobility
- improve strength
- improve postural stability

- improve overall quality of life

**What do I need for my evaluation appointment?**

- Current full spine X-ray images and X-ray written report
  - For adolescents, we recommend imaging every 6-12 months and for adults, we recommend imaging every 5 years (no more than 10).
    - This is to monitor for progression and to appropriately cater exercises to your specific curvature.
  - If you do not have these, please reach out to the facility that performed the imaging in order to obtain both.
  - You can also contact your doctor in order to get new x-rays. You will want to ask for a “scoliosis series” x-ray.
- A doctor’s prescription
- Wear form fitting athletic clothing
  - Tight tank top or non-racerback bra for females
  - Tight shirt or no shirt for males
  - Avoid baggy pants or pants that are restrictive in nature such as jeans
- If you have a brace, avoid wearing it for a minimum of 8 hours before the evaluation.
- If you have a previous physical therapy home exercise program, please bring this.