

Poster presentation

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Katharina Schroth Method for treatment of post-polio scoliosis in an adult

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Objective

To describe improved health related quality of life in a sixty five-year-old female with post polio left thoracic scoliosis (Cobb angle eighty-five degrees), in response to treatment under the guidance of Christa Lehnert-Schroth physiotherapist, Manuel Rigo MD and Hans-Rudolf Weiss MD.

Study design

Adult case report. At age twelve years, the patient wore a Milwaukee Brace for two years. At age nineteen years, spinal fusion surgery was performed T10–T12. Onset of debilitating pain occurred following menopause.

Methods

Unsuccessful efforts to relieve pain included treatment from several orthopedic surgeons, physical therapists, osteopaths, chiropractors, and the use of yoga, Alexanders, and myofascial release. The Three Dimensional Therapy for Scoliosis by the Katharina Schroth method, includes correcting improper movements with therapeutic exercises, orthopedic breathing and re-education of the neuromuscular system [1,2].

Results

After four weeks the patient was able to recognize abnormal movements that were contributing to early retirement and disability.

Conclusion

Through the daily practice of this therapeutic method the patient has become pain free and her fears of increased disability have been reduced.

References

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