

Oral presentation

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The significance of postural reeducation in scoliosis

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Objective

To study modalities of postural therapy in scoliosis.

Methods

We have studied 20 patients for 8 months (aged between 13 and 20) using a monthly assessment. The evaluation was made with a digital picture under similar conditions each time, and then processed on the computer. The patients underwent a treatment that included classic rehabilitation and postural re-training to maintain a fixed posture while awake, and active exercise for postural correction using home postural training.

Results

Good results were seen in the limitation of the progression of the disease as well as a positive attitude among the patients about the disease. The results were more dramatic as age increased. The therapy actions are based on the active participation of the patient, and the patient's ability to see and feel the difference between the postures. Exercises based on proprioception not visualization were more successful. The treatment had very good results for small scoliosis curves and good results for moderate scoliosis curves, which supports the efficiency of treatment.

Conclusion

After the treatment, the scoliotic patient was improved. The effects of the postural therapy were positive for the entire body by inducing a better locomotory function. The postural therapy can not be applied at any age because the patient must be able to understand the instructions. The mental representation of our body and of operative thoughts appears after age 13. Consequently, people older than 13 years are candidates for this therapy.

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