

Oral presentation

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Effectiveness of Brügger-therapy in conservative treatment of children with idiopathic scoliosis

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from 5th International Conference on Conservative Management of Spinal Deformities
Athens, Greece. 3–5 April 2008

Published: 15 January 2009

Scoliosis 2009, **4**(Suppl 1):O32 doi:10.1186/1748-7161-4-S1-O32

This abstract is available from: <http://www.scoliosisjournal.com/content/4/S1/O32>

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Background

Scoliosis is the most deforming orthopedic problem confronting children. The literature regarding conservative scoliosis treatment is voluminous, but new and more effective therapeutic approaches are needed.

Objectives

The purpose of this study is to analyse the effectiveness of Brügger-method in the treatment of idiopathic scoliosis.

Subjects and methods

The study was carried out on 17 patients aged 7–18 years (9 male, 8 females) affected with adolescent idiopathic scoliosis. The primary criterion for selection was the curve in maximum 30° measured with the Cobb's method and a history of not using bracing. Over one year, therapy according to Brügger concept was applied. After that time, the effectiveness of this therapy was evaluated. Outcome measures included clinical examination, specifically with the Moiré-technique.

Results

The probands were evaluated individually. The results demonstrated positive changes in all probands when comparing initial and final examinations. Evaluation of the truncal configuration by Moiré-technique documented significant changes in the sagittal, frontal and transversal planes.

Conclusion

Our results support the clinical effectiveness of the Brügger-concept in the treatment of idiopathic scoliosis in chil-

dern. Treatment can reduce the magnitude of the thoracolumbar and lumbar curves. We recommend utilizing exercises according to the Brügger-concept in the treatment of scoliosis patients.

The study was supported by grant from Czech Ministry of Education, Youth and Physical Education MSM 0021620864

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