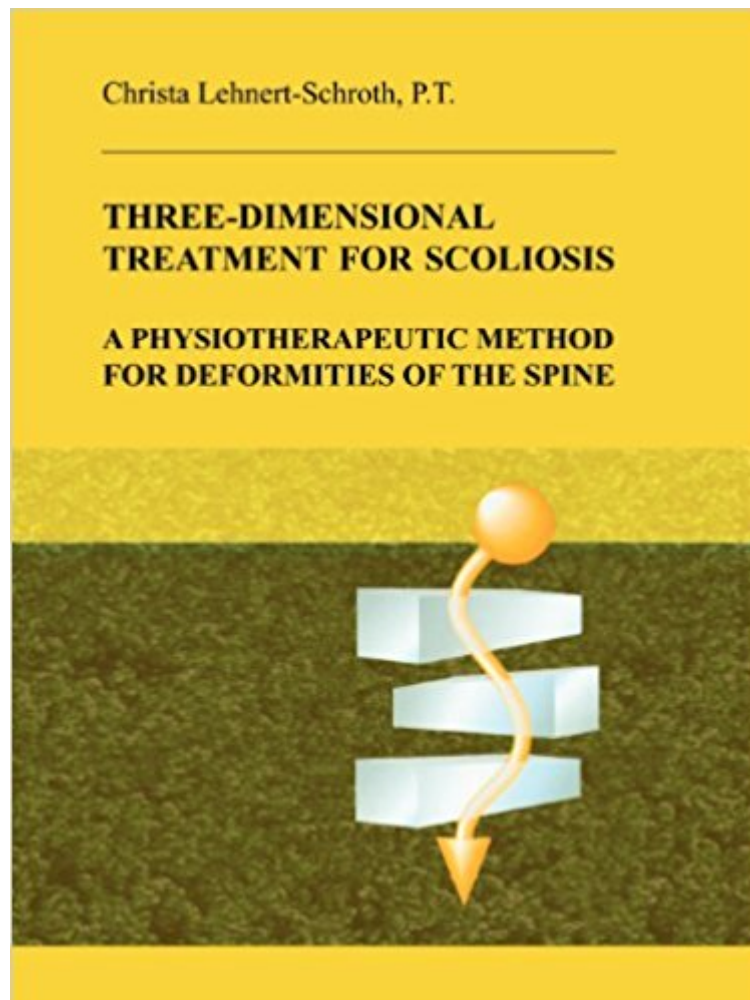




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# Three-Dimensional Treatment For Scoliosis: A Physiotherapeutic Method For Deformities Of The Spine



## 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

A must for anyone concerned about scoliosis. Schroth method is making a big difference with our daughter's scoliosis, and is not only preventing it from getting worse but is improving it.

I have progressive ideopathic scoliosis that had been treated with Harrington fixation along 12 vertebra. It is worsening but the exercizes in this book have provided some reversal and less pain.

Great book on Scoliosis, classic original research as Schroth was groundbreaking for Scoliosis research and care. Not an easy read, but with dedication it has helped me to form my patient care.

As my family MD said when he flipped through it, "Well, here's a lifetime of work." Not for the technically challenged reader; in short, be prepared for a steep learning curve if you know nothing about physiotherapy.

There is a lot of information about scoliosis in this book. There are many pictures which is a definite help. The format of the book is complicated but this is a complicated subject and the original text was in German.

I have incorporated some of her techniques and a lot of her philosophy into my Rolfing practice with very good results. It relies on a lot of client participation but so does anything that renders lasting results in the "somato-everying" structure. The pictures alone are worth the money.

Very informative with excellent illustrations showing how the exercises can be performed. Plenty of well written information on every aspect of scoliosis.

LOVE schroth PT. The book has great information however it helps to have a background in anatomy and physiology.

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