



Three-Dimensional Scoliosis Treatment - Schroth Breathing Orthopaedic System

The **textbook** has been written specifically with physiotherapists in mind and has been compiled by a practitioner for use in everyday practice. It comprises **six parts**: After the various medical forewords and prefaces and an account of **Katharina Schroth's professional career**, the book is then divided into the following sections:

Part A describes the theoretical principles underpinning the **Schroth** treatment method, with explanatory illustrations. These theoretical principles are so straightforward that they can be followed by anyone. The author demonstrates that in scoliosis the three trunk segments (pelvic girdle, ribcage and shoulder girdle) are displaced and torsioned against each other: it is then shown how this process can be reversed. A separate chapter highlights the shaping power of breathing. The use of rotational angular breathing developed by **Katharina Schroth** is also explained.

In **Part B** the theory is explained using practical examples and demonstrated in text and illustrations. The muscles altered by scoliosis are described in a fairly lengthy chapter and it is shown how they can be restored to normal through exercise. A separate chapter deals with the different forms of scoliosis and their special treatment.

Part C covers a wide range of exercises using wall bars, table and chair, floor, or resistive exercise bands made of rubber or Theraband. Mirrors have a crucial role to play here because without them and the control photos, it is difficult for the patient to follow the rationale behind the treatment instructions. Discussion is also provided for problem cases that may be encountered in any physiotherapy practice. Solutions are demonstrated. It is clearly shown why treatment for a particular "case" must be given in a certain way and in no other. The therapist will find the appropriate exercises for any eventuality.

Part D provides photographic documentation, often continuously over several years, radiological evaluation and statistical analysis of the changes in lung capacity and hence also in health.

Part E describes the day-to-day orthopaedic experience, i.e., what patients should do at home in terms of their scoliosis.

The Appendix reproduces comprehensive written exercise instructions prescribed by **Katharina Schroth** personally for a patient. There are also two extracts from textbooks by medical practitioners praising the value of the **Schroth** method.

Original German textbook title:

Dreidimensionale Skoliosebehandlung – Atmungs-Orthopädie System Schroth

[Three-Dimensional Scoliosis Treatment - Schroth Breathing Orthopaedic System]

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