



What the experts think

> About the textbook:

(Extracts from reviews in specialist medical journals)

L. **Boden** writes in the journal **Erfahrungsheilkunde** 4/1974: "If a book can be said to contain the life's work of two generations and to usher in a new era in spinal treatment, then it is this volume by Christa Lehnert-Schroth."

And this is just one of the comments by Dr. med. **Rabl**, writing in the journal **Orthopädische Praxis** 11/IX: "A very important book at a time when scoliosis treatment is dominated virtually exclusively by an interest in surgery and in passive apparatus-based shape correction and when physical therapy (although its value is acknowledged in theory) is not pursued with the requisite enthusiasm. A superficial reading of this book is not sufficient to achieve successful practical application. The method needs to be acquired by persistent hard work. It also requires effort at every level from the patient. Ideally, patients should be admitted as in-patients for at least one month so that they can learn all about how to continue with the exercises at home."

Dr. med. H. P. **Bischoff** (1991): "This book should be compulsory reading for physicians involved in the conservative management of scoliosis and in the pre-operative treatment of scoliosis because they need to reach an understanding with physiotherapists and patients about the treatment and because they should be in a position to support the treatment in a supervisory manner."

Dr. med. **Carsten** writes in **Orthopädische Praxis** 9/98: "The interesting and valuable feature of this volume is its extraordinarily comprehensive photographic documentation which very clearly illustrates the practical procedures. This book will therefore be virtually indispensable to any physiotherapist using this method in everyday practice. The real value for the interested orthopaedic specialist or general physician also lies in the abundant illustrative material."

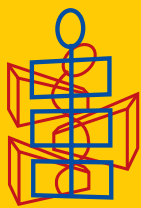
According to the journal **Athletik** (no. 11/2000): "The 6th edition of the standard textbook on three-dimensional scoliosis treatment contains new up-to-date exercises. For decades now, three-dimensional scoliosis treatment has occupied an established place in the conservative management of even severe cases of scoliosis."

Therapie und Praxis (2/98) includes the following remarks: "The book is one of the classics of conservative therapy. It is a textbook and practice manual in one. Its simple and clearly understandable language will enable novices to familiarise themselves rapidly with the method. However, because of the close interweaving of theory and practice, it is also highly suitable for experienced physiotherapists and for orthopaedic specialists."

> About the Schroth method

To mark Katharina Schroth's professional diamond jubilee on 17 May 1981, a tape-recorded message by Prof. **Brussatis** included the following words: "In my capacity as **President-Elect of the German Society for Orthopaedics and Traumatology**, it is an honour for me to address you and to express my joy that today I have the opportunity to convey to you personally the congratulations of our Society. I myself am a member of the research society of the American Orthopedic Association, which has quite specifically designated itself as the "Scoliosis Research Society".

The very fact that such a society exists should indicate to you the immense and to some extent unresolved problems that still persist today when it comes to identifying the causes of scoliosis.



Katharina Schroth's

three-dimensional scoliosis treatment

author Christa Lehnert-Schroth

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"Particularly after such a period of fruitless efforts and defeats, after so many terrible disappointments and frustrated attempts down through the centuries, it is a quite extraordinarily important achievement and landmark to have come to an understanding of the three-dimensional nature of the sequence of motion and of the deformation of the spine and especially to have exploited this insight in therapy to the maximum..."

"I am convinced that the most important aspect deserving of emphasis in your treatment method is the fact that you take as your starting point a given situation, namely the deformity itself, that we are no longer able to alter very much. However, we are able to move forward – and this is where you use all available functional means to improve the conditioning of the body (and of respiratory function, in particular) – to further help patients and in particular to motivate them in their sometimes extremely severe disability, also with regard to their initial psychological state. "Once we see such a combination unfold again, as exemplified in your life's work, then we know what we owe you and then we also understand very precisely where our future path will lead: only towards three-dimensional treatment." These remarks show quite clearly that traditional mainstream medicine acknowledged the **Schroth** method as pointing the way ahead for the conservative management of scoliosis.

> Foreword by Dr. Grewers

Here we reproduce the Foreword written by Dr. med. L. Grewers of Essen in 1930 for Katharina Schroth's 24-page booklet entitled "Die Atmungs-Kur, Leitfaden für Lungengymnastik" [The Breathing Cure: A Pulmonary Exercise Guide]:



This little book is intended to be "simple and unpretentious": so writes Käthe **Schroth** in her "Preface" to the third edition – words of modesty for a treatment modality that, sooner or later, once it has become better known, will probably have a great deal to say for itself. The "Breathing Cure" is not a résumé of meaningless words, but is rather the result of years of careful thought, supported by experience gained as the author worked on her own body. As Pastor Kneipp was once able to say about himself: Anyone who has personally been in need and misery knows best how to appreciate the needs of their fellow human beings. In the same way, Frau **Schroth** has personally experienced in her own body the "need and misery" of those whom she now seeks to help with her improved method. I have repeatedly had the opportunity to convince myself personally of her magnificent successes, and even medical colleagues cannot help but express their appreciation to Frau **Schroth** – again something that is also only possible on the basis of observed successes. What is being applied here is not something artificial, but rather something that is in essence extremely simple and innocuous; in applying this method, those performing it need only an abundance of patience and selfless sacrifice. Encountered so often in popular medicine, the saying that "Truth is to be found in simplicity" also finds its fullest confirmation here.

As Frau **Schroth** herself has said, this booklet is not meant to be an exhaustive treatise. However, the explanations given will probably be sufficient to furnish ample evidence that this is a valuable healing method in the truest sense of the word. I personally can already give an opinion only on those things that I have seen, and, where appropriate, I will always make patients aware of this method because I know that they will be helped by it – and helped when all else has failed. And so I believe I am not overstating my case when I claim that this healing system too is fully justified on medical grounds and that unprejudiced physicians will be able to set it alongside existing healing systems as being of equal value and rank with them. In saying this, I permit myself to express the wish that Frau **Schroth's** booklet will find acceptance in many circles, and that it may be of benefit and blessing for the good of suffering humanity. Whoever acts according to the principles laid down here can only do good, because if we follow Nature as our guide, we will never go astray." And that was back in 1930!