



Case studie "MARTINA"

In 1983, at the age of 18, I stayed at the Katharina Schroth clinic in Bad Sobernheim for 6 weeks of initial treatment of my scoliosis, a major curve in the lumbar area with a Cobb angle of 52°, and barely felt thoracic curve of 35°. In 1984 and 1985, I returned for 4-week treatments. For professional reasons I did not return to the clinic until 2006.

From 1983 to the present day, thus for more than 25 years I have always used the corrective pads when sleeping. Having worn a Milwaukee brace for seven years as a child, I am used to sleeping in supine position and when I wake up in the morning, the pads are still at the same place. When I travel or for other reasons have to sleep without pads, I miss them very much. I am convinced that the corrective pads contributed a lot to the derotation of my lumbar and thoracic humps, both thereby being continuously derotated all night long. An additional factor was that I constantly sought to maintain an excellent upright posture according to Schroth, even during years of great professional stress.

As a result of these treatments, my Cobb angle remained unchanged for more than 20 years, which I learned in December, 2006 when I returned to the clinic at the age of 41 for a 4-week treatment.

In 2006, rotation of my lumbar hump amounted at the beginning of treatment to 15°, and was reduced at the end of the 4-week treatment to 12°. At my own request, I also got a brace again (of the RSC type - after Rigo/Chêneau) at the end of this clinic stay, since from my childhood experience with the Milwaukee brace I did not know the curve-corrective effect of this latest brace generation and wanted to experience it myself. In May 2008 and May 2009, I came each time for 3-week treatments. Upon my discharge in May 2009, rotation at the lumbar hump amounted to only 7°, thus being only half of the initial value as measured two and a half years before. It certainly also contributed to this improvement that during these two and a half years I exercised daily at home for about 15 minutes according to Schroth.

I feel an enormous difference between the rotation of 15° and the current one of 7°. At 15°, the lumbar hump felt completely hard, thick and painful, now it feels thin and flat and pain is greatly reduced, which I am very happy about.