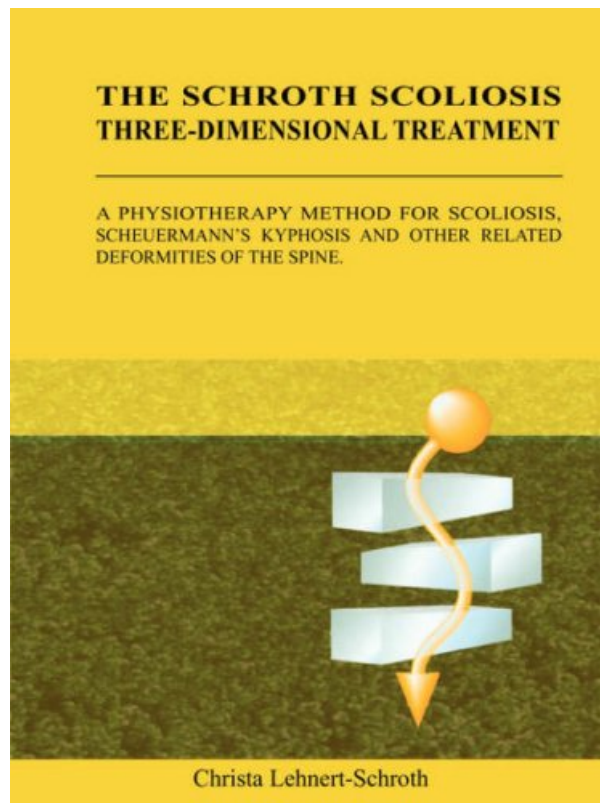


# **THE SCHROTH SCOLIOSIS THREE-DIMENSIONAL TREATMENT BY CHRISTA LEHNERT-SCHROTH**



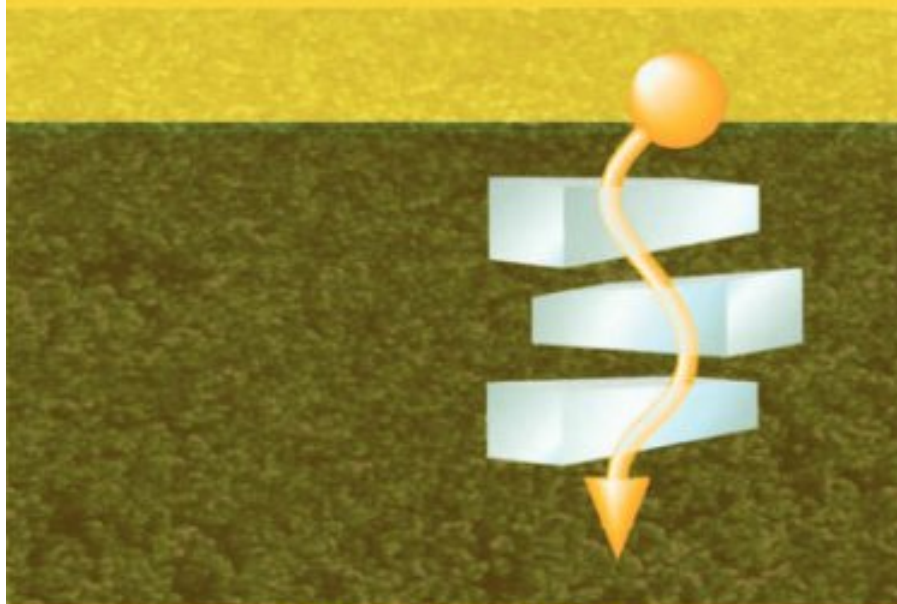
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A PHYSIOTHERAPY METHOD FOR SCOLIOSIS,  
SCHEUERMANN'S KYPHOSIS AND OTHER RELATED  
DEFORMITIES OF THE SPINE.



Christa Lehnert-Schroth

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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.

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- Dimensions: 11.00" h x .60" w x 8.25" l,
- Binding: Paperback
- 288 pages

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10 of 10 people found the following review helpful.

The proof is in the pictures

By Soccerfan

This book is probably more oriented to physical therapists and other types of professional health care workers than the average scoliosis patient. It gets fairly technical at times. However, since there is a lack of good books on home exercises for scoliosis, the information in the book is really quite fascinating to anyone with an interest in conservative methods of treating spinal curvature.

The best part of the book is all of the before and after pictures of people with scoliosis and being able to see the actual improvement in spinal alignment after treatment with the Schroth method. The downside is that many of the exercises use specialized equipment that most people just don't have access to. All in all, it is very inspiring to be able to see what can be done for scoliosis just with nonsurgical, intensive physical therapy and home exercise sessions.

11 of 11 people found the following review helpful.

Wonderful method; Some problems with this edition

By Reader

Christa Lehnert-Schroth treated scoliosis patients successfully for 50 years, using a physiotherapy method her mother had developed decades earlier, in the early 1920s. She published her manual of exercise techniques in German in 1973, and it's still selling on the German Amazon site, now in its seventh edition. The author is now retired, but the clinic still treats patients.

Though this book is primarily directed to physical therapists, it is fascinating to the patient (and I've been one) to understand exactly how the system works and to see the dramatic Before-After pictures. Some of them depict very severe cases with one side completely caved in, and you wonder how the poor patient could breathe. One who'd had cerebral palsy couldn't stand up without help, but the Schroth clinic got her walking, even climbing stairs on her own. The book proves conclusively that the doctors are wrong who tell you that physical exercises can't work. It's a real inspiration to resolve to learn and do the exercises and to help oneself or one's child, with the aid of a physiotherapist.

For the physiotherapist or other healthcare professional, the book offers both theoretical background of the Schroth method, outline of the overall treatment process, and descriptions of over a hundred exercises to choose from, including nearly 700 photos. The exercises need to be tailored to an individual patient, since each case of scoliosis is somewhat unique, though there are some general patterns.

Unfortunately this edition, the first in English, contains many errors of English spelling, grammar, and style, and some of the translations are vague. It clearly did not get a good proofreading. It went out of print after a few months and will be replaced by a revised translation. I see the new one on Amazon listed as unavailable (March 10, 2008) but it will probably be a live listing before long.

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