

Department of Physical Therapy

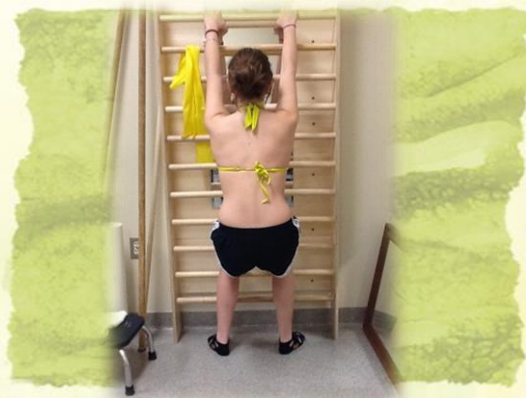
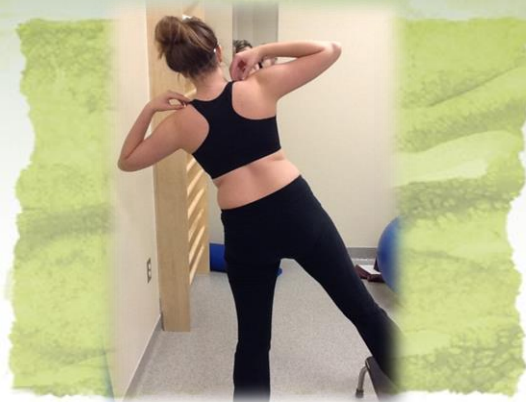
Schroth Based Physical Therapy

Schroth based physical therapy is an intervention that utilizes a three-dimensional approach to the treatment of scoliosis according to the principles from Katharina Schroth and Christa Lehnert-Schroth. The therapy treatment involves cognitive, sensory-motor and kinesthetic training to teach the patient to improve his/her scoliosis posture in assumption that scoliosis posture promotes curve progression. The primary indication for Schroth based physical therapy is adolescent idiopathic scoliosis and adult idiopathic scoliosis. In addition, this type of physical therapy works well for juvenile kyphosis which is a deformity in the sagittal plane (two dimensional)

The aims of Schroth based physical therapy include:

- To stop curve progression
- Improve cosmesis
- Improve general health and wellness
- Diminish functional limitations
- To cope with the deformity and with treatment
- Reduce pain

The physical therapy sessions are intense lasting approximately 2-4 hours/day for a total of 40 hours. All physical therapy sessions occur on the campus of Arkansas State University at the Reynolds Center. Students who are currently in the Physical Therapy or Physical Therapist Assistant programs have the opportunity to interact and participate in patients currently involved in research endeavors with a trained faculty member. Interested parties can email Dr. Shawn Drake at sdrake@astate.edu.



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