

# Benefit of Schroth Physical Therapy and 3-Dimensional Bracing on AIS Case

Case History: 3-Year Follow-Up (February 2009)

Spinal Dynamics of Wisconsin, SC (SDW)

## Summary

- At initial diagnosis (age 12), orthopedic surgeon advised observation only
- Prior to Schroth PT and 3D brace, the curve progressed, despite Boston brace
- Initiated Schroth PT and 3D brace at SDW (age 13.5) with goal of curve stabilization
- Within one year of Schroth PT and 3D brace, curve progression stopped (despite rapid growth)
- After 2½ years of Schroth PT and 3D brace (age 16), the total Cobb reduced nearly 50%
- At full skeletal maturity (age 16.5), the curve is stable
- At discharge, the goal of curve stabilization is exceeded

## Overview

Age	12	13*	14	15	16	16.5
Skeletal Maturity (Risser)	0	0	1-2	3	4	5
Growth	< 1"	< 1"	3"	2"	1"	0
Cobb	17 Thor 20 Lumb	26 Thor 28 Lumb	33 Thor 35 Lumb	33 Thor 28 Lumb	24 Thor 12 Lumb	26 Thor 3 Lumb
Risk of Progression**	100%	100%	N/A	N/A	10%	0%
Brace	None	Boston	3D	3D	3D	Night only
Therapy	None	None	Schroth	Schroth	Home Exercise	Home Exercise

### Notes:

3D Bracing: Cheneau Type Brace following the Principles of Rigo

RFP: Risk of Progression, calculated with Lonstein Carlson equation using Risser, Age, and Cobb for curves between 20-30 degrees. RFP is N/A when Cobb exceeded 30 degrees

## Radiological Comparison



Age 13



Age 16.5

For information, visit [www.sdwpt.com](http://www.sdwpt.com) or contact Cindy Marti, PT at [info@sdwpt.com](mailto:info@sdwpt.com).