

Benefit of Schroth Physical Therapy and Rigo-System Cheneau (RSC) Brace

A Four-Year Case History from Spinal Dynamics of Wisconsin, SC (SDW)

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Summary

- At initial diagnosis (age 12), orthopedic surgeon advised observation only
- Prior to Schroth physical therapy (PT) and RSC brace, the curve progressed, despite Boston brace
- Initiated Schroth PT and RSC brace at SDW (age 13.5) with goal of curve stabilization
- Within one year of Schroth PT and RSC brace, curve progression stopped (despite rapid growth)
- After 2½ years of Schroth PT and RSC 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	RSC	RSC	RSC	Night only
Therapy	None	None	Schroth	Schroth	Home Exercise	Home Exercise

* Female patient admitted to Spinal Dynamics of Wisconsin at age 13.5

** 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 exceeds 30 degrees

Radiological Comparison



These results are based upon a single case and cannot be interpreted as a guarantee for all patients.

For information, visit www.sdwpt.com or contact Cindy Marti, PT at info@sdwpt.com

