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Non-surgical treatment of scoliosis

Conservative treatment of scoliosis consists of observation, therapeutic exercises and, if necessary, a pain management therapy plan.

In patients of growing age with progressive spinal curvature disorders of more than 25 degrees, we use corset therapy to slow down/stop further scoliosis. A follow-up is necessary to assess the risk of increased curvature and to offer an appropriate treatment method – conservative or surgical – in a timely manner.

Therapeutic gymnastics in our centre is performed using the Schroth methodology, which is one of several recognised scoliosis-specific therapeutic gymnastics methods.