

Abstract

Title: Evaluation of the effect of conservative approach in the treatment of scoliosis

Objective : The purpose of this thesis is to summarize scoliosis issue, natural history, causes, consequences and effectiveness of conservative therapy. Based on the critical literature review there was an intention to evaluate effects of physiotherapy intervention in the treatment of scoliosis and compare individual physical therapy approaches.

Methods: This thesis is a descriptive analysis based on a literature review.

Results: Based on the research paper only twelve articles met our criteria that address the effect of exercise to influence scoliosis and its consequences. The most commonly used conservative approaches included: Schroth concept, FITS, SEAS, SIR, Klapp-Cotrell concept, Vojta method, program of active self-correction and task- oriented exercise, forward head corrective exercise program, MedX Rotary Torso Machine and LTX 3000. Despite that fact, each approach showed some effect, it is not possible to say which approach is the most effective.

Keywords: scoliosis, conservative treatment, Cobb angle, physiotherapy