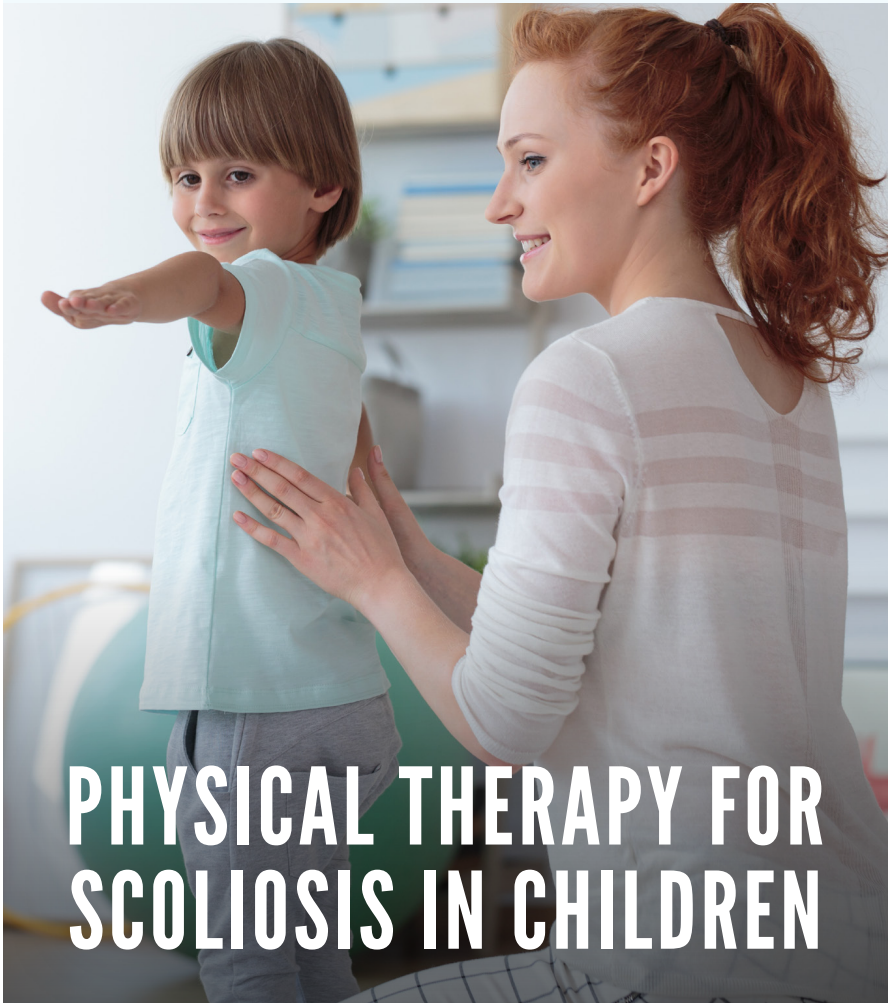




# Physical Therapy

N E W S L E T T E R



## PHYSICAL THERAPY FOR SCOLIOSIS IN CHILDREN

### ***Scoliosis Diagnosis?***

*How The Schroth Method  
Can Help Your Child*

### ***Exercise Essentials***

*Stay In Shape While  
Staying At Home!*

### ***Patient Testimonial***

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Loop Physical Therapy!*



# PHYSICAL THERAPY FOR SCOLIOSIS IN CHILDREN



Does your child have uneven shoulders or one shoulder blade that appears more prominent than the other? Are their hips uneven as well? If so, it's likely that they have scoliosis.

Scoliosis, also known as an abnormal curvature of the spine, is a common condition that occurs in children around the age of puberty. It can sometimes be difficult to determine the cause of scoliosis; however, rare forms have been linked to previous injuries, muscle dystrophy, and cerebral palsy.

Fortunately, a physical therapist can help treat scoliosis and ensure that the condition doesn't worsen to the point where surgery is required. If you've been searching for a way to help your child during this time, look no further than Loop Physical Therapy.

Contact our office today to learn more about our available treatment options and how they can benefit your child.

### **How do I know if my child has scoliosis?**

In general, a lack of alignment in the upper body may indicate that a child has scoliosis. Specifically, if one hip and/or shoulder looks higher than the other, or if one shoulder blade seems

to be more easily discernible than the other, scoliosis may be the culprit.

In more advanced cases, back pain, a pronounced curve in the spine, or ribs that stick out noticeably on one side can indicate that your child has developed scoliosis.

Scoliosis can affect children of any age, but it is more common in those who are 10 years old or older.

The first symptom of scoliosis is usually back pain. Other symptoms include difficulty with balance, numbness, and muscle weakness. Scoliosis can lead to breathing problems if left untreated, as the ribs can press against one or both lungs.

### **Treating scoliosis with the Schroth Method**

The Schroth Method is a physiotherapeutic treatment system that uses isometric and other exercises to strengthen or lengthen asymmetrical muscles in a scoliotic body. The goals of this method are to slow the progression of abnormal spinal curvature and, ideally, reverse it.

In other words, this method focuses on restoring the natural curves in your spine and relieving pressure on your spinal cord and nerves.

# HOW THE SCHROTH METHOD CAN HELP YOUR CHILD

The Schroth Method was developed by Dr. Konrad Schroth, a German physician, in the early 1900s. In his search to help children with scoliosis, he found that he had to use a different approach than what was used for adults. This led him to develop the Schroth Method, which is now used worldwide as an effective treatment for scoliosis.

The Schroth Method has been proven to be successful in treating spinal curvature and has been used on patients from all over the world.

## The Schroth Method helps to:

- Halt curve progression
- Reduce pain
- Increase vital capacity
- At least partly reverse abnormal curvatures
- Improve posture and appearance
- Maintain improved posture lifelong
- Avoid surgery

In most cases these goals are achieved. Only a small percentage of Schroth patients elect to undergo surgery.

## What to expect at Loop Physical Therapy

As parents, we all want the best for our children. This means providing them with the utmost quality of care so that they can be successful and healthy, despite any medical conditions that might otherwise slow them down.

We are proud to serve the families in our area and are passionate about helping young children stay healthy. Rest assured that you're in capable hands at Loop Physical Therapy.

When your child first arrives at our clinic, they will undergo a comprehensive evaluation to help our therapists verify their condition and determine the best course of action.

Physical therapy treatment for scoliosis will help increase your child's range of motion and build strength in the parts of the body that may have been weakened through misalignment.

Additional modalities can also help relieve any pain your child may be experiencing from stiff muscles or joints caused by scoliosis. Through massage therapy, your child's physical therapist can ease tension while redirecting movement.

Ice and heat applications (and in some circumstances, electrical stimulation) can also benefit back pain and stiffness issues.

## Find the support your family needs at Loop Physical Therapy

Is your child living with scoliosis? Loop Physical Therapy can help. Contact us today to schedule your consultation and get started on the first steps of your child's treatment plan.

## NEW SERVICES AT LOOP PT!

**Shockwave:** \$60 (single session)

**Package: \$250 (5) / \$450 (10)**

**Cupping:** \$35 (single session)

**Package: \$250 (5) / \$450 (10)**

**Massage:** \$125 (single session)  
• \$65 (30 minutes)

**Package: \$500 (5) / \$955 (10)**

**Dry Needling:** \$45 (single session)

**Acupuncture:** \$125 (initial session) • \$85 (follow-up)

**Package: \$500 (5) / \$955 (10)**

**Herbal Consultation:** \$50 (single session)

## WHAT PATIENTS ARE SAYING!

*"Loop PT Edgewater is the best PT I've been to. Regan and TJ constantly add healing tips to sessions and even check for any extra benefits one's insurance may cover. Coming here is always a peaceful part of my day and their care is definitely sincere. I highly recommend!"*

— Andrea



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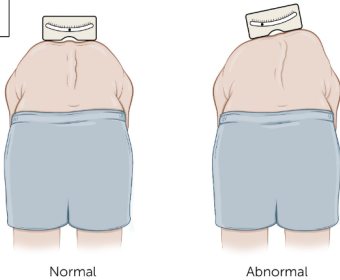
Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling!

# DIAGNOSING SCOLIOSIS

**1. Physical examination for scoliosis mainly consists of the Adam's forward bend test.** The patient stands and bends forward at the waist, with the examiner assessing for symmetry of the back from behind and beside the patient. Patients with possible scoliosis will have a lateral bending of the spine, but the curve will cause spinal rotation and eventually a rib hump, which is visible on examination.



Scoliometer



Normal

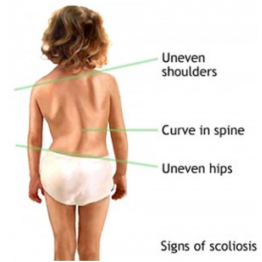
Abnormal

**2. At home you can look at your children for uneven shoulders from the back or front, winging of the scapula, a curve in the spine, and uneven hips.** If you recognize any of these

features on your child, it's best to see a Physical Therapist to determine the diagnosis.

**3. Scoliosis is not the end of the world!** Here are some statistics to lighten the load if you are worried:

- Scoliosis affects an estimated six to nine million people in the United States.
- Scoliosis can develop in infancy or early childhood.
- The primary age of onset for scoliosis is 10-15 years old, occurring equally among both genders.
- Females are eight times more likely to progress to a curve magnitude that requires treatment.
- Every year, scoliosis patients make more than 600,000 visits to private physician offices, an estimated 30,000 children are fitted with a brace and 38,000 patients undergo spinal fusion surgery if physical therapy does not correct curve enough



Signs of scoliosis



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## DID YOU KNOW?



**FREE COFFEE** and **ORGANIC BLACK TEA** are available for Loop Physical Therapy patients — any time, any day, in **Turkish Kitchen!**

📍 565 W Diversey Pkwy, Chicago, IL 60614

Also, to get a 10% discount on delicious food in Turkish Kitchen anytime, mention the code:

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