Patients and families coping with scoliosis and other spinal deformities are increasingly seeking better solutions for care and management.

The recent worldwide expansion of the Schroth method, an exercise rehabilitation treatment originating in Germany, and its new advancements in compatible bracing have led to the need for an overview of evidence-based treatment principles.

This comprehensive textbook is the first of its kind from the Schroth Best Practice Academy, an international group of highly esteemed and experienced scoliosis practitioners and researchers.

A collaborative body of work, it focuses on the most common spinal deformities and provides current methods of non-surgical treatment. It highlights cutting-edge treatment options often disregarded by mainstream medicine, and will serve to guide and enhance the knowledge of conservative treatment practitioners desiring to help patients improve treatment outcomes and quality of life.