

Schroth Physical Therapy

The Schroth Method is a scoliosis-specific approach to exercise that is based on the specific curve pattern of the patients spine.

The effect of Schroth Physical Therapy is still under investigation. It does not replace bracing, but may have additive value to preventing progression of scoliosis.

Providers

Diane Ryan, PT

Monmouth Schroth
77 Schanck Road, Suite B7
Freehold, NJ 07728
732-538-7008
www.msspt.org

Caitlin Smith-Norris PT, DPT

Hackensack Meridian JFK Johnson
Rehabilitation Institute
1080 Stelton Road Suite 203
Piscataway, NJ 08854
848-230-6655

Dr. David Monteleone

Hackensack Meridian Rehabilitation
2100 Route 33, Suite 2
Neptune, NJ 07753
732-776-4558

SEAVIEW Pediatric ORTHOPAEDICS

Dr. Jon Lentz

Pediatric Orthopedic Surgeon
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Seaview Orthopaedics
732-660-6200

Dr. Jon Lentz is a fellowship-trained **pediatric orthopedic surgeon** who treats musculoskeletal issues in infants, children, adolescents, and young adults. Dr. Lentz specializes in the management of spinal deformities such as **scoliosis and kyphosis**. Other areas of clinical expertise include management of sports injuries in growing athletes (such as growth plate-sparing ACL reconstruction), limb deformities, and trauma in this age group.

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SCOLIOSIS BRACING

INFORMATION
& RESOURCES



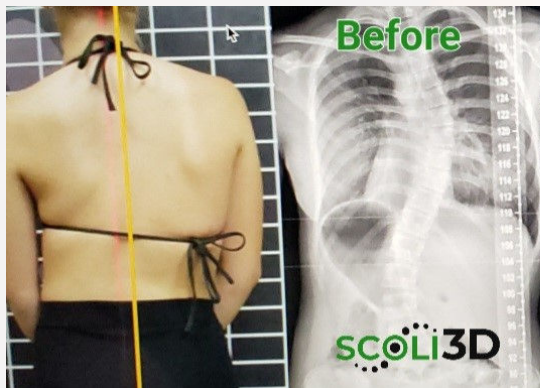
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Bracing

Orthotist Information

Resources

A custom back brace is prescribed in growing children with scoliosis to help decrease the risk of curve progression.* When used as prescribed, it reduces the risk of needing surgery by **56%**. It is recommended to wear the brace for a **minimum of 16 hours a day**, with the ideal goal being **23 full hours of wear**.



*goal is to decrease further curve progression, bracing will not permanently reduce the curve

Remove the brace for sports, exercise, and breaks when needed.
Focus on core strengthening and flexibility when exercising a few times per week.

Scoli 3D

Glenn Easton, Orthotist

Scoli 3D

www.scoliosistechnologies.com

ContactMe@GlennEaston.com

800-540-8324

Locations:

Freehold, Princeton, East

Rutherford, Parlin

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National Scoliosis Foundation

www.scoliosis.org



Curvy Girls Support Group

www.curvygirlsscoliosis.com

