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Biomechanical aetiology of the so-called idiopathic scoliosis: Classification, rules of treatment and prophylaxis

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The biomechanical aetiology of so-called idiopathic scoliosis called AIS is described in Polish, English, German and in Spanish Journals in years 1995 – 2007 (T. Karski) and presented since 1995 in many Congresses and Symposia in Poland and abroad. In years 2012 – 2014 published in USA. The biomechanical aetiology of so-called idiopathic scoliosis is based on material and observations from 1984 (scholarship one month of T. Karski in Invalid Foundation Hospital in Helsinki / Finland – operator of scoliosis Dr OlaiSnellman) and on material of PaediatricOrthopaedic and Rehabilitation Department of Medical University in Lublin in the years 1984 – 2007/2014. They found three group and four types of scoliosis. With the type of scoliosis is connected the method of treatment and possibility of causal prophylaxis. All strengthened exercises in therapy should be reject from the program of treatment. Only the stretching exercises are proper. The causal prophylaxis should be introduced to all patients in all countries.

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