

THE  
MONTREAL MEDICAL JOURNAL.

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Vol. XXX.

OCTOBER, 1901.

No. 10.

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Original Communications.

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THE TREATMENT OF SPINAL DEFORMITIES BY EXERCISE  
AND POSTURE.

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There is perhaps no method of treatment at the disposal of the physician and surgeon that has suffered so much at the hands of friends and foes alike, as the application of exercise, and it has been left, by the great bulk of our profession, to gather the dust of neglect, rather, I think, from a sort of mental laziness than from a disbelief in its efficacy.

A tablespoonful of cod liver oil, a shoulder brace, or even a plaster jacket, is so much more definite and easily applied and is so much more tangible than half an hour's graduated exercise that, however ready and willing we may be to admit its value in suitable cases, the next crooked back that enters our office is apt to be put off with some such makeshift. When exercise is prescribed, it is often done in such an indefinite and haphazard way that the results cannot be followed. It is as if a patient were turned loose in a well-stocked drug store and told to help himself to the tonic bottles.

But what the reputation of exercise as a means of treatment has suffered from indifference or opposition, is as nothing to what it has suffered from its alleged friends. There is a strong conviction in the minds of the laity that by exercise most extraordinary results may be obtained, and, working upon this belief, machines have been invented and systems have been started promising the cure of everything from anæmia to zymosis, from the reduction of undue obesity to the adding of a cubit to the stature. And the disappointment resulting from the