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TREATMENT OF ROTO-LATERAL CURVATURE OF THE SPINE.

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IN dealing with the subject of treatment incidental reference only will be made to the very important matters of etiology and pathological anatomy. It is nearly twenty years since a reaction set in favoring developmental as opposed to restrictive methods of treatment. By developmental methods is meant such means as will tend to increase muscle, size, tone, power, general health, growth, self-reliance, will-power and increased activity; by restrictive methods, such means as will aim at erectness of the body though it be at the expense of growth and development. Two decades ago the treatment both on this continent and in England consisted almost entirely in the use of braces or jackets applied to the body and acting upon the principle of the lever so as to make pressure upon the part which projected farthest beyond the normal, with a view to pushing this part back into place. Frequently, also, there was a suggestion of lifting the upper portion of the trunk by means of crutches pressing upward under the shoulders and resting upon a band passing about the pelvis. Those who have had the largest opportunity to observe the results will know how very unsatisfactory all such treatment was.

The Germans, Swedes and other northern Europeans paid more attention to the whole subject of systematic, physical training and had applied its principles to therapeutic ends. Hence, the work done in those countries had an influence first felt in England and then on this side of the Atlantic, being advocated here most largely and scientifically by men and women who had graduated from the Royal Institute at Stockholm.

While it is true that there are many different causes operating in different patients and even in the same patient, bringing about a lack of symmetry in the trunk, and while it is the fact that in extreme cases even the individual bones are much altered in shape; yet, education is an important factor in the treatment, that is, an education which recognizes the power of habit and the power of the individual to maintain a better attitude through self-effort.

Lateral curvature of the spine always implies a lack of symmetry, the two halves of the body, whether separated by a vertical plane passing antero-posteriorly through the body or by a plane of division which would follow the spine, being quite unlike each other. Not only is there a