

NAZIV DISERTACIJE: PROCJENA EFIKASNOSTI SCHROTH TRETMANA SKOLIOZA DJECE U ODNOSU NA KLASIČNI KINEZITERAPIJSKI TRETMAN**Autor:** Namik Trtak**Mentor:** Prof. dr. Mirsad Muftić**Datum odbrane:** 03.11.2017.**DOI:** <https://doi.org/10.17532/DD.2017.04>**SAŽETAK**

Uvod: Skolioza je trodimenzionalna deformacija kičmenog stuba. Karakterizirana je većom ili manjom lateralnom devijacijom kičme u lijevu, desnu ili obje strane. Skolioza može biti lijevokonveksna ili desnokonveksna. Konveksitet predstavlja „izbočenu“ stranu krivine, a konkavitet „udubljenu“ stranu krivine. Najcjelovitijim konceptom vježbi za skoliozu kod starije djece i odraslih osoba smatra se trodimenzionalna metoda liječenja po Katharini Schroth. Ovaj koncept je opstao puno godina, a još uvijek se razvija i daje odlične rezultate u tretmanu skolioza. Program kineziterapije skolioza je individualan i određuje se za svako dijete posebno u odnosu na vrstu krivine, lokalizaciju krivine, starost djeteta, psihofizički status djeteta, eventualnu prisutnost bola u leđima, aktivno ili rekreativno bavljenje sportom i sl.

Hipoteza: Rezultati Schroth tretmana skolioza u dječijem uzrastu su bolji u poređenju sa rezultatima klasičnog kineziterapijskog tretmana.

Ispitanici i metode: Ovom prospektivnom studijom, koja je trajala godinu dana, obuhvaćeno je 179 ispitanika koji su podijeljeni u dvije grupe. Prvoj grupi pripada 96 (53.6%) ispitanika i oni su tretirani u JU Dom zdravlja Kantona Sarajevo, OJ Novi Grad. Drugoj grupi pripada 83 (46.4%) ispitanika koji su tretirani u Privatnoj ordinaciji za fizikalnu medicinu i rehabilitaciju MHS u Sarajevu.

Najznačajniji rezultati: Nakon šest mjeseci tretmana ostvaren je značajan napredak za svakog ispitanika. Kada govorimo o dupleks skoliozi, prosječna vrijednost gornje krivine kod ispitanika I grupe se smanjila za 0,46. Kod ispitanika II grupe gornja krivina je prosječno smanjena za 0.80, a donja za 1.00. U slučaju simpleks skolioza, kod I grupe smanjenje je iznosilo 0.47, a kod ispitanika II grupe prosječne vrijednosti stepeni po Cobbu smanjene su za 1.47.

Zaključci: Schroth tretman skolioza daje bolje rezultate od klasičnog kineziterapijskog tretmana u liječenju skolioza kod djece.

Ključne riječi: Skolioza, Schroth tretman, klasični kineziterapijski tretman

DISSERTATION TITLE:**Author:** Namik Trtak**Mentor:** Prof. dr. Mirsad Muftić**Date of defence:** 03. November 2017**DOI:** <https://doi.org/10.17532/DD.2017.04>**ABSTRACT**

Introduction: Scoliosis is a three-dimensional deformation of the spinal column, characterized by a greater or less lateral deviation of the spine, in the left, right or both sides. Scoliosis can be left-convex or right-convex. Convexity is the "convex" side of the curve, and the concavity is the "embedded" side of the curve. The most integral concept of scoliosis exercises, in older children and adults, is the three-dimensional treatment method by Katarina Schroth. This concept has survived for many years, and still developing and giving excellent results in the treatment of scoliosis. Kinesiotherapy program of scoliosis is individual and is determined for each child especially in relation to the type of curvature, localization of the curve, age of the child, psychological and physiological status of the child, eventual presence of back pain, active or recreational acting in sport.

Hypothesis: The results of Schroth treatment in childhood are better compared to the results of classic kinesiotherapy treatment.

Respondents and methods: This prospective study, which lasted for a year, included 179 respondents who, according to the criteria for inclusion in the research, were divided into two groups. The first group was 96 (53.6%) of the respondents who were treated in Public Institution Health Center of Sarajevo Canton, Novi Grad. The other group of 83 (46.4%) respondents who were treated in the Private Practice for Physical Medicine and Rehabilitation of MHS in Sarajevo.

The most important results: After six months of treatment for each respondent, significant progress has been made. When speaking of duplex scoliosis, the average value of the upper curvature, in group I subjects, decreased by 0.46. In group II respondents, the upper curve was reduced by 0.80 and lower by 1.00. In the case of simplex scoliosis, in group I, the reduction was 0.47, and in the group II subjects, the average Cobb degrees were reduced by 1.47.

Conclusion: Schroth treatment of scoliosis, gives better results than conventional kinesiotherapy treatment in the treatment of scoliosis in children.

Keywords: Scoliosis, Schroth treatment, conventional kinesiotherapy treatment.