

Report Regarding Alternative Treatments for Scoliosis September, 2000

The Bracing and Non-Operative Management Committee of the Scoliosis Research Society has reviewed a substantial body of scientific and lay literature regarding complementary and alternative medicine for the management of idiopathic scoliosis. After extensive review, it is our opinion that bracing and surgery are the only scientifically proven methods of treatment for idiopathic scoliosis.

We have listed the methods that have been reviewed with comments regarding some of these methods.

Methods reviewed include, but are not limited to the following:

- Bracing
- Chiropractic
- Copes System
- Surface Electrical Stimulation
- Exercises and Physical Therapy
- Acupuncture
- Alexander Technique
- Aromatherapy
- Asco Treatment
- Ayurveda
- Biofeedback
- Color Therapy
- Cranio-Sacral Therapy
- Feldenkrals
- Herbalism
- Holistic Medicine
- Homeopathy
- Magnet Therapy
- Massage Therapy
- Meditation
- Pilates
- Polarity Therapy
- Rebirthing
- Reiki
- Rolfing
- Sensory Deprivation
- Therapeutic Touch
- Yoga

Members of the Scoliosis Research Society are encouraged to refer interested colleagues and patients to the book: *Voodoo Science: the Road From Foolishness to Fraud* by Robert Park, Ph.D. This book is published by Oxford University Press, Oxford and New York, 2000. In the preface to this book Dr. Park observes, "...many people choose scientific beliefs the same way they choose to be Methodists, or Democrats, or Chicago Cubs fans. They judge science by how well it agrees with the way they want the world to be." This book can give patients the tools to understand the validity of scientific study and to identify useless, unfounded, unscrupulous, and fraudulent alternatives for managing scoliosis.