

## Locations

**ColumbiaDoctors | Midtown**  
51 W 51st Street, Suite 370  
New York, NY 10019

**ColumbiaDoctors | Orthopedics**  
590 5th Avenue, 5th Floor  
New York, NY 10036

**ColumbiaDoctors | Tarrytown**  
155 White Plains Road, Suite 100 W  
Tarrytown, NY 10591

**NewYork-Presbyterian/  
Morgan Stanley Children's Hospital**  
3959 Broadway, 8th Floor, North  
New York, NY 10032

## Contact Us

To schedule an appointment and learn more about what we can do for you, please visit us at:

[columbiaortho.org](http://columbiaortho.org)

or, contact us via phone or email:

**212.305.4878**  
[schrothpt@cumc.columbia.edu](mailto:schrothpt@cumc.columbia.edu)

## Conservative Care for Spine & Scoliosis



Expert Care. Personalized Approach.

- Conservative Scoliosis Management
- Schroth Method Physical Therapy
- Rigo System Cheneau Bracing



“The Center for Conservative Care for Spine & Scoliosis is one of the only programs of its kind anywhere in the world. Our team focuses on avoiding surgery with attention to scoliosis specific Schroth physical therapy and state-of-the art expert brace options including the Rigo System Cheneau brace. We take a holistic approach to managing scoliosis and other spine issues, and as part of a premier healthcare institution, our patients are able to take advantage of the many resources available at Columbia Orthopedics. In addition to having access to world renown spine surgeons for consultation, patients are also offered the latest in low-dose imaging technology with EOS X-ray available at multiple sites.”

**Michael G. Vitale, MD, MPH**  
 Chief, Pediatric Spine & Scoliosis Surgery  
 Co-Director, Pediatric Orthopedics  
 Columbia University Medical Center

## The RSC® Brace System (Original Rigo-System-Chêneau)



Unlike traditional braces, the RSC® brace incorporates expansion and pressure to treat all aspects of the 3D scoliotic spine. Through periodic visits, patients are managed collaboratively by a team of orthotists and clinicians committed to helping correct scoliosis without surgery. We are one of the few centers in North America that offers the RSC® Brace System, and our bracing team works in close collaboration with Dr. Manuel Rigo in Spain, and Ortholutions in Germany to design and produce braces customized to an individual patient's curve and body.

## Coordinated Team Care



The conservative care team is led by Jennifer Hope (*left*), a certified nurse practitioner specializing in the conservative management of scoliosis. Jennifer began her career at NewYork-Presbyterian in 2007 as a nurse caring for pediatric scoliosis patients in the post-operative setting. She then earned a Masters Degree in Nursing from Columbia University in 2014 and is thrilled to continue her work in orthopedics as a nurse practitioner. Jennifer and her team believe in family-centered care and taking a holistic approach to treatment. She is a strong advocate and an excellent resource for families interested in avoiding scoliosis surgery through bracing and Scoliosis Specific Therapy.

## Personalized Approach

We pride ourselves on providing patients with efficient, expert, and compassionate care. Our multidisciplinary team provides each patient with a thorough understanding of his or her condition and a safe, cutting-edge approach to treatment.

This combination of expert care and personalized approach is the hallmark of patient care at Columbia. Contact us today to learn more or set up an appointment.

## Scoliosis Specific Therapy - The Schroth Method

The Schroth Method is a conservative physical practice for individuals with scoliosis and other spinal deformities. Through specific exercises and corrective breathing techniques, the Method aims to elongate the trunk and correct imbalances by developing the inner muscles of the rib cage.

Specific goals of the Schroth Method are to halt, slow, and stabilize scoliotic curve progression, mobilize stiff body parts, improve postural alignment, teach activities of daily living, enhance neuromuscular control, and increase strength and endurance.

