

Scoliosis related Bio Esther de Ru

When I graduated as a physiotherapist in the Netherlands in 1977, I had a basic understanding and training in the Zwedisch gymnastics, the Niederhöffer method by Erna Becker described in 'Skoliosen und Diskopathiebehandlung', the Klapp Method described in 'Das Klappsche Kriechverfahren' and the French method Rééducation Musculaire à base de Réflexes Posturaux. This last method (Muscle Training with Postural Resistance) was developed to treat post-polio patients. The manual was translated into Dutch at the time. In the 70-90's I was a member of a Multi-Disciplinary Scoliosis Team in Utrecht. At that time scoliosis screenings were still being held. Colleague Janine Kerstholt, Dutch Schroth Instructor and I attended the first SEAS course in Milan in 2011.

As children with idiopathic scoliosis intrigued me early on in my career, I followed the various post-graduate courses in Bugnet and later became an assistant-instructor. After my Orthopaedic Manual Therapy, Bobath and Vojta training and specializing in paediatrics, children with scoliosis of all types including those with extreme neuromuscular scoliosis became part of my patient population. I have worked in various countries and in various clinics including an orthopaedic Clinic in Spain. A number of the elderly patients there suffered from scoliosis and collapsing spines.

Because of my interest in this topic, I looked into the possibilities of using Elastic Therapeutic tape as a treatment option for patients with scoliosis and problematic scars. Have been a student of the skin, developer and taping course instructor for the last decade, slowly leaving the clinical work to others.