

for strengthening of weak back muscle groups, all patients were instructed to do the abdominal muscle exercises. This treatment lasted from 2 to 6 months. Using this method of intense muscle training, scoliosis was eliminated with a non-surgical treatment.

49 SCOLIOSIS: MUSCLE IMBALANCE AND TREATMENT

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The aim of this study was to detect muscle imbalance on both sides of the backbone, and with muscle strength training, to correct this imbalance and, as a final result, to eliminate scoliosis of the spine. Forty-seven children (32 girls and 15 boys), aged 10–16 years, were examined. Muscle strength tests showed that *m. quadratus lumborum* and *m. gluteus medius* on the convex side of the spinal curvature appeared to be weaker compared to concave side, and *m. erector spine lumbalis* and *m. multifidus* on the concave side of the spinal curvature appeared to be weaker compared to convex side. In the thoracic region, *m. trapezius medius*, *m. trapezius distalis* and *m. serratus anterior* on the convex side appeared to be weaker compared to concave side, and *m. rhomboideus* on the concave side appeared to be weaker compared to convex side. Apart from intense muscle training