Abstract
Scoliosis is a lateral deviation of the spine from the mean line, characterized by a lateral curvature and a vertebral rotation. It is generally of idiopathic character and appears mainly in adolescent females. Multiple techniques of conservative treatment for the scoliosis exist such as the manual therapy that complements the treatment for this pathology. This technique uses manipulation of soft tissue and bone, obtaining therefore a more effective recovery, improving the quality of life of the patient. The objective of this study of case was to compare and to describe the changes in the conditions of an eighteen years old patient, with left thoracolumbar scoliosis by the application of manual therapy; integral valuation was carried out by manual therapy, orthopedic, computerized position analysis, analyses the place of job, treatments with physical instruments, mobilizations of the thoracic and lumbar joints (segments T5-T6, T6-T7, T7-T8, T8-T9), muscular energy techniques, exercises of global postural re-education, cervical and lumbar stabilization, exercises of fortification for weak musculature and stretching exercises to elongate retracted musculature. At the beginning of the treatment, the angle of Cobb was 24° verified through a x-ray, and after the sessions of manual therapy it was 18°, demonstrating significantly improved angle (6°). The effectiveness of the treatment was verified: diminution of the pain, increase of the muscular force, postural realignment, the satisfaction of the patient and significant recovery confirmed by the radiographic studies.

Keywords
Scoliosis, manual therapy, mobilization, manipulation.