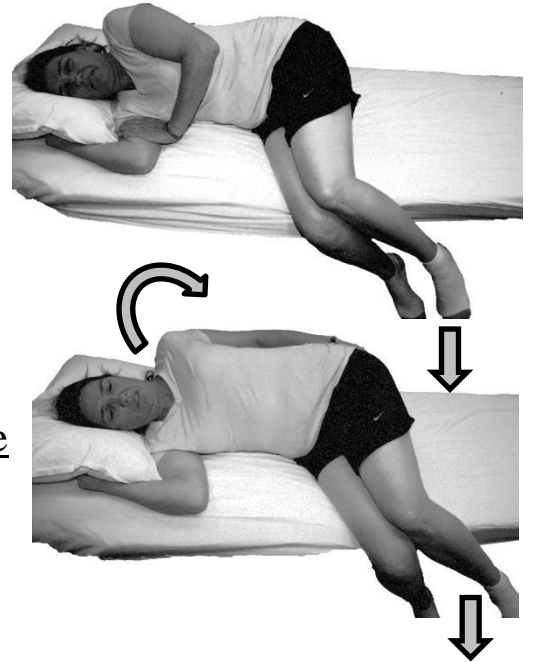


Scoliosis Self Corrections

* Choose your position according to your therapist's instructions

Correcting the lower back curve:

- 1) Lie on ____ side with knees bent.
 - 2) Drop both feet down toward the floor.
 - 3) Carefully roll backward feeling the focus just above the waist.
 - 4) Pull your feet a little lower for the stretch
 - 5) OR have a helper gently resist against your heels in the upward direction for 7 seconds 3 times
 - 6) Do this for 10-30 seconds 1-3x/ day and any time your back bothers you
- If you can't lie down, sit in a chair with your stomach pulled in and your upper back straight. Roll your legs so your feet are angled to the ____ of your knees. Then cross your arms in front of you and turn your body to the ____ feeling the movement in your low back only. Hold for 10-30 seconds.



Correcting the upper back curve:

- 1) Reach over chair back in a low back chair with a thick rubberbanded towel roll against your ribs.
 - 2) Reach down with your ____ arm.
 - 3) Twist backward with your ____ shoulder blade pulled back and down, (being sure not to “hunch” that shoulder)
 - 4) Do this for 20-60 sec 1-3x/day and any time your back starts to bother you
- If you can't find a chair with a low back, sit tall with your stomach pulled in. Reach down with your ____ arm, feeling the bend between your shoulder blades. Twist backward with your ____ shoulder blade pulled back and down, feeling the twist between your shoulder blades. Hold for 10-30 seconds

