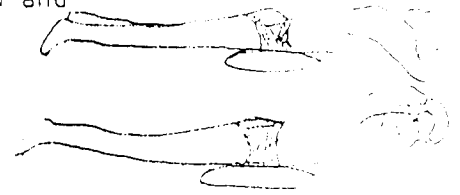


Exercises for Scoliosis

The purpose is to develop the general musculature for good posture through strengthening exercises.

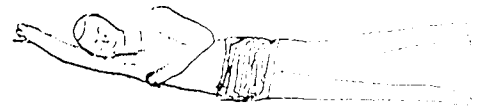
1. Lie on stomach over pillow. Clasp hands behind head and tuck chin to chest. Raise elbows and chest. Hold. Next raise legs. Finally raise both the chest and the legs at the same time. Repeat the series.



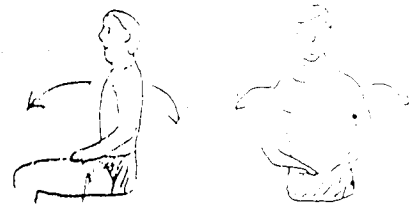
2. Lie with hips and knees bent. Sit up to touch the knees.



3. Lie on side. Raise the top leg and the upper body at the same time. Repeat on the opposite side.



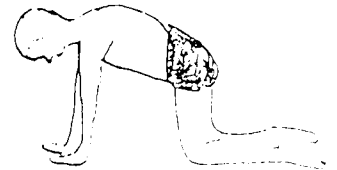
4. Sitting. Bend forward and back and side to side.



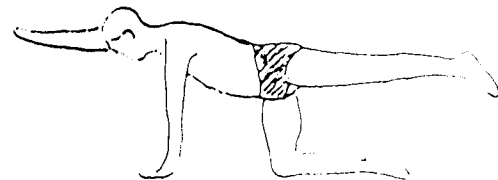
5. Sit with _____ hand on side of chest and bend to the _____.



6. On hands and knees. Hunch up like a cat then sag like a camel.



7. On hands and knees. Raise _____ arm and opposite leg.



Start with 10x each exercise and work up to 50x.