

Side Lying pose

Area targeted: Side of rib cage



Instructions:

- Lie down with the side of concavity towards the ground.
- Prop your upper body onto your forearm. (see above)
- Whilst keeping your waist pinned down to the ground, push your torso up right.
- Aim to feel a stretch on the **side of your rib cage**.
- Take a deep breath into the area where you feel the stretch.
 - (Push your ribs and belly out as much as you can!)

Side stretch with flexion

- Area targeted: Side of spine



Instructions:

- Remain seated.
- Curve your upper back region forwards.
 - *Aim to curve your spine at the level of the apex.*
- Side bend the spine away from the side of concavity.
 - *Try to isolate this movement to the apex region.*
- Pull your head towards the armpit that is on the opposite side of the concavity.
- Aim to feel a stretch on the **side of your spine**.

- Take a deep breath into the area where you feel the stretch.

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Side tilt



Instructions:

- From a standing position, cross the leg on the same side of your concavity behind the other leg.
- Place your hand on the outer hip opposite to the side of the concavity.
- Push your hip towards the side of concavity.
 - Make sure that you do not rotate your pelvis.
- Reach up/over with the arm on the side of the concavity.
- Aim to feel a stretch on the sides of your mid torso.

- To get the most out of the stretch, try placing your body at slightly different angles.
- To progress: Hold onto a stationary object with the overreaching arm and allow your body to hang off this arm.



Instructions:

- Lie on top of the equipment of your choice with the side of **convexity** on the lower side.
 - The foam roller should be on the same level of the apex.
- Reach over head with the upper arm.
- Aim to feel a stretch on the upper side (*concavity*).
- Take deep breaths in this position.
 - The aim of breathing is to increase the stretch.

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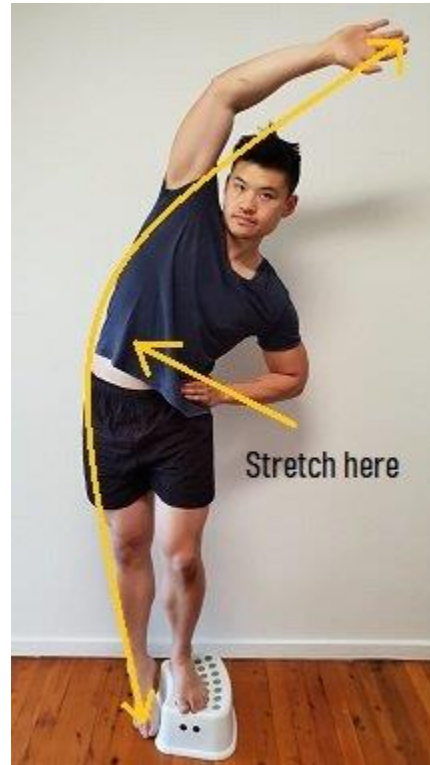
Translations



Instructions:

- Sit on the floor in the position as shown above.
- Place the hand on the same side of the thoracic concavity onto the floor.
 - Keep your arm completely locked straight.
- Sink your weight into your hand.
 - Keep the shoulder relaxed. It should naturally shrug up as you do this.
- Bow the apex of your curve towards the side of concavity.
- Aim to feel a:
 - stretch into the concavity
 - muscle contraction on the side of convexity
- Hold 10 seconds.
- Repeat 10 times.

Leg drop/Arm reach



- Stand on the edge of a step with the leg on the opposite side of the lumbar concavity.
- Keep this leg slightly bent and stationary throughout the exercise.
- Perform these movements together:
 - Reach down towards the floor with your other foot

- Reach your hand up/over your head.
- Bow the apex of your curve towards the side of concavity.
- Aim to feel a:
 - stretch into the concavity
 - muscle contraction on the side of convexity
- Hold for 3 seconds.
- Repeat 20 times.

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Pelvic Tilts



Lying on back with knees bent and feet flat on the floor. Flatten back by tightening stomach muscles and buttocks. Hold for 5 seconds, breathing normally.

Repeat __10__ times per set. Do __2__ sets per session. Do __1__ sessions per day.

Cat-Cow



Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees. Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat. Make sure to use your entire back for the motion and keep your movements slow and controlled.

Double-Leg Abdominal Press



Lying on back with knees bent and feet flat on the floor (Photo 1), keeping your back in a neutral position. Raise your legs off the floor one at a time so that your knees and hips are bent at 90° angles (Photo 2, 3).

Push your hands against your knees while pulling your knees toward your hands, which will engage your abdominal muscles (Photo 4). Keep your arms straight! Hold for three deep breaths.

Repeat 10 times per set. Do 2 sets per session. Do 1 sessions per day.

Single Leg Balance

(If possible, perform in front of a mirror to help visualize a straight spine.)



With your eyes open, bend one knee up and balance on one foot. At first you may use your hands, like holding the back of a chair, table, or the wall. As balancing gets easier, take your hand(s) away and place them out to the side. Challenge yourself by bringing your arms across your chest. Close your eyes for an even greater challenge.

Repeat 5 times per set. Do 1 sets per session. Do 1 sessions per day

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