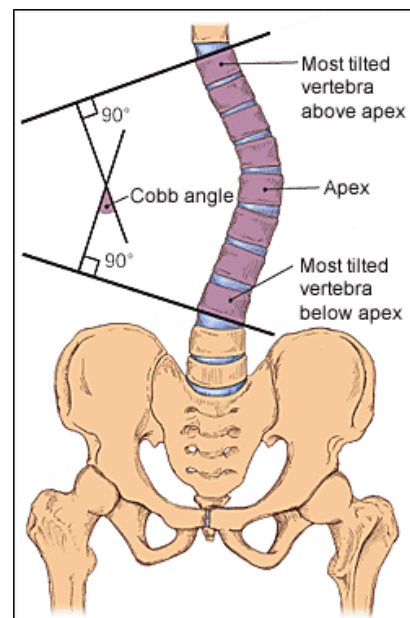
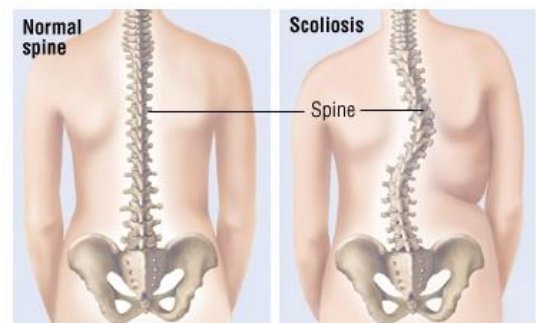


Does your spine feel twisted?

Have you been diagnosed with scoliosis recently?

What is scoliosis?

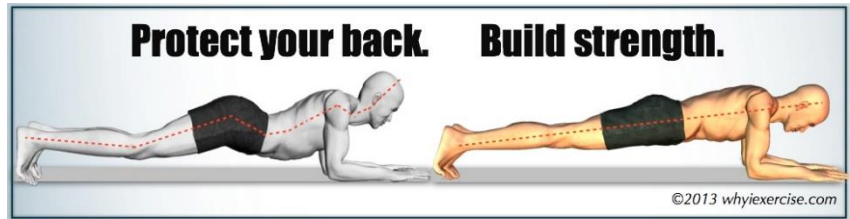
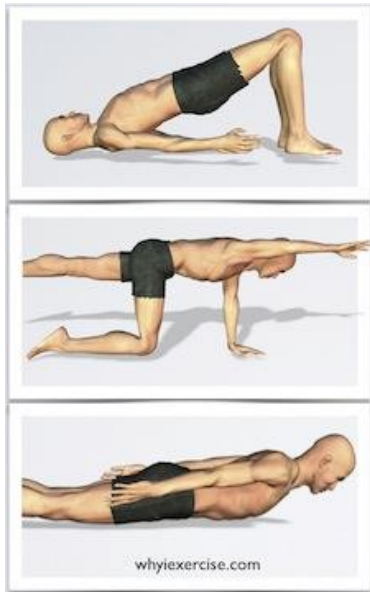
- Scoliosis is a medical condition referring to an abnormal three-dimensional curvature in the spine, most commonly in the thoracic region
- It is typically classified as either a congenital (development problem from birth) or idiopathic cause (unknown cause, can be sub-classified into infantile, juvenile and adolescent)
- It can also arise as a secondary issue from other conditions such as spina bifida, cerebral palsy or physical trauma
- Most common in adolescent females
- The severity of the scoliosis is measured by the cobb angle
- To be classified as a true scoliosis the cobb angle must be a minimum of 10°



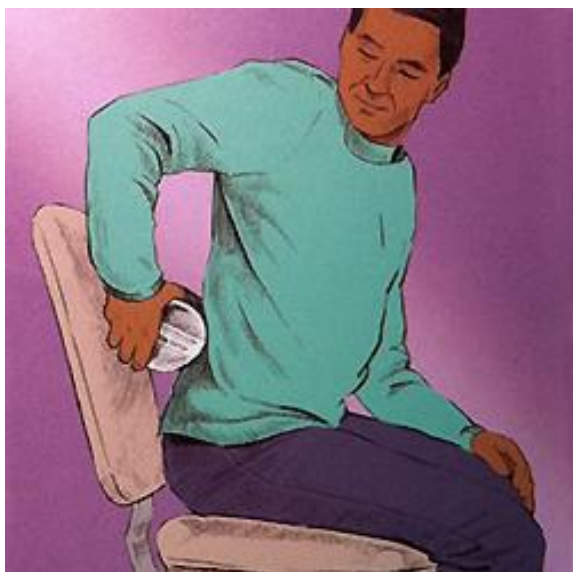
What is the physiotherapy management for scoliosis?

- Strengthening of the spinal muscles to improve the stability of the vertebral segments
- Increasing the lumbar support of your chair
- Pack your backpack more symmetrically and use both shoulder straps ensuring your spine is evenly loaded
- Soft tissue massage and dry needling to release the tightness and reduce overactivity of certain muscles
- Pilates and yoga to improve your core stability and flexibility

Strengthening exercises



Lumbar support for your chair



Pack your backpack symmetrically and use both straps!

Pack the heaviest items closest to your spine.



Dry needling and massage



Yoga and Pilates

