



# SCOLIOSIS EXERCISES

## \*\*\*Disclaimer\*\*\*

Patients are thoroughly assessed in the clinic and assigned exercises for their exact scoliosis curve presentation. Dr. Justin uses the **ScoliBalance System** for over-corrective SOSORT curve specific scoliosis exercises. He is the only one certified in a 3-4 state area. In the following exercises below, these are more generic things you can do. They may be too easy, complicated or need modifications based on the patients physical abilities, spinal flexibility, balance and so forth. **It is highly recommended you DO NOT attempt scoliosis exercises without being evaluated by a doctor first.** If you have any questions I invite you to contact the office.

CREDIT: The exercises below are video format and were filmed from Dr. Andrew Strauss, BS, MS, DC the vice-president of CLEAR Scoliosis Institute. They can be found on his website at hudsonvalleyscoliosis. The videos are public on youtube and are linked in this paper.

\*ScoliBalance Corrective Exercises are only taught In Dr. Justin Trosclair's office.

- [Scoliosis Measurements At Home](#)
- [Standing Lateral Strap Exercise](#)
- [Seated Lateral Strap Exercise](#)
- [Straight Leg Weighting Exercise](#)
- [Leg Raise Exercise](#)
- [Atlas Rotation Exercise](#)
- [Axis Rotation Exercise](#)
- [Psoas Stretch](#)
- [Praying Mantis Exercise](#)
- [Cervico-Dorsal Exercise](#)
- [Lumbar Extension Exercise](#)
- [Flexion/Extension Prone Exercise](#)
- [QL Low Back Exercise](#)



Call Dr. Justin Trosclair, DC (**337.453.5199**) for scoliosis treatment of children and adults. Find out how you can make functional improvements and a pain free lifestyle part of your treatment without wearing a brace because of a unique system developed in Germany.

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