



# SCOLIOSIS EXERCISES

## \*\*\*DISCLAIMER\*\*\*

Patients are thoroughly assessed in the clinic and assigned exercises for their exact scoliosis curve presentation. Some exercises 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.com](http://hudsonvalleyscoliosis.com). The videos are public on youtube and are linked in this paper.

- [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](#)

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