

# EFFECTIVE SCOLIOSIS CORRECTION EXERCISES FOR PAIN RELIEF



## Scoliosis Correction Exercises

This program provides a beginning practice for most people with scoliosis based upon a proven method that focuses on lengthening the spine, stretching muscles that have become tight and strengthening those that have become weak.



## Identify the Cause

The first thing you need to do is identify the biochemical and structural imbalances that have created your scoliosis. You can easily do this with the help of a series of “self assessments” outlined in this book.



## Symptoms of Scoliosis

While a majority of patients do not manifest any symptoms of pain early on, these gradually become evident as the disease advances, or as you age. You can't correct the problem if your pain is so severe that you can't move a muscle.



## Fix the Cause and Condition

Next, you will learn how to fix the cause of your scoliosis by correcting your body chemistry and structural imbalances while following a nutritional and exercise plan that is tailored to your particular condition.



## Schroth Method Exercises

The Schroth Method is a widely recognized therapy designed specifically for scoliosis. It focuses on rotational breathing, postural alignment, and strengthening the muscles surrounding the spine to correct its curvature.



## Basic Schroth Exercise

Stand or sit against a wall, maintaining as upright a posture as possible. Inhale deeply, expanding the side of your ribcage that is concave, and hold for a few seconds. Exhale and relax, then repeat the process for several breaths.



## Conclusion

Scoliosis Exercises for Prevention and Correction is a careful selection of exercises that you can do to reverse scoliosis in the comfort of your own home. Corrective exercise reduces pain post-spinal fusion and stabilizes segments above and below the fusion.