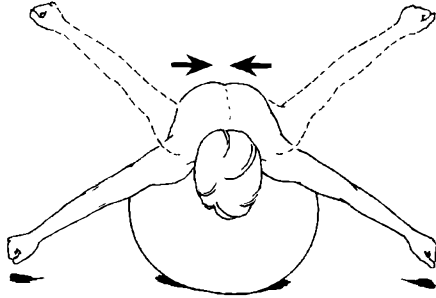




Routine For:
Created By: James Pamplin, DC

03-02-2012
Scoliosis Exercises

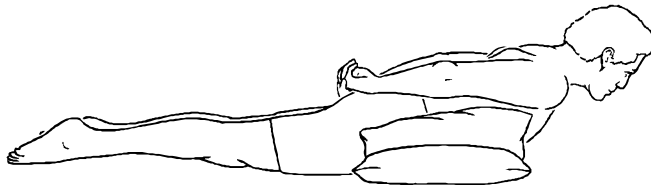
UPPER EXTREMITY - 22
Kneeling Butterflies



Kneeling on floor with stomach over ball, extend arms and lift to pull shoulder blades together.

Repeat 20 times per set.
Do 3 sets per session. Do 2 sessions per day.

BACK - 3 Upper Body Extension



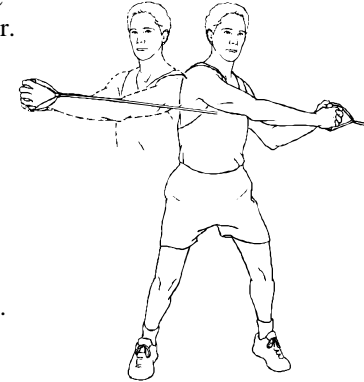
With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.

Repeat 20 times per set. Do 3 sets per session.
Do 2 sessions per day.

TRUNK - 1 Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

Repeat 20 times per set.
Repeat from other side.
Do 3 sets per session.
Do 7 sessions per week.

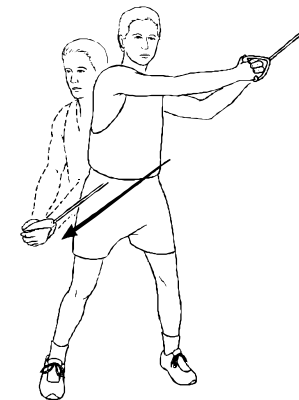


Anchor Height: Chest

TRUNK - 3 Chop: Standing - Diagonal

Side toward anchor in wide stance, reach up toward anchor. Thumbs up, pull down and away from anchor.

Repeat 20 times per set.
Repeat from other side.
Do 3 sets per session.
Do 7 sessions per week.



Anchor Height: Over Head