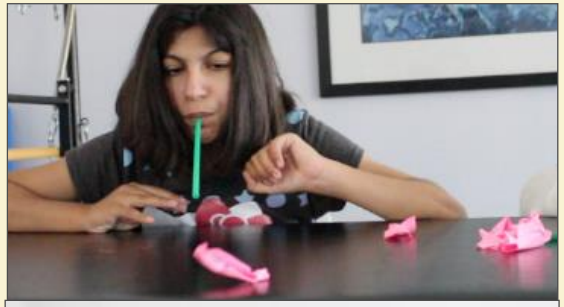


Elongation, breathing and strengthening exercises are all a part of Scolio-Pilates®.

About Scolio-Pilates®

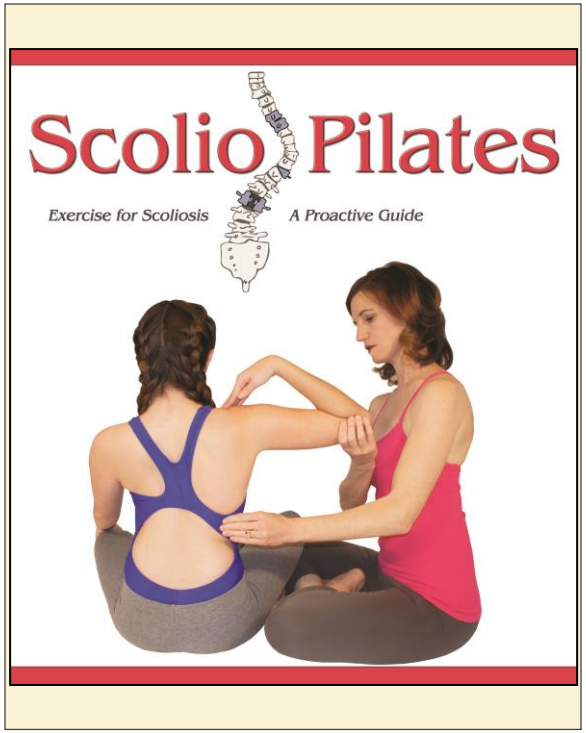
Scolio-Pilates® was developed by Karena Thek to use multiple components that have been shown to be effective with the complications that come with scoliosis. The 5 different components of Scolio-Pilates® include:

1. Elongation
2. Breathing techniques
3. Aligning the spine towards neutral
4. Strengthening within neutral
5. Connective tissue stabilization

These 5 components give the best opportunity to not only improve the position of the spine but to then have the strength and stability to hold the spine in its improved position.

Learn more about Scolio-Pilates®:

www.Scolio-Pilates.com



Scolio-Pilates®, the book, was published in 2011.

Beginning Scolio-Pilates®

I encourage you to work with your local Authorized Scolio-Pilates® Practitioner to help you with your scoliosis. Your Scolio-Pilates® Practitioner has advanced training in the field of three-dimensional exercise, breathing techniques, connective tissue training and strengthening for scoliosis. Scoliosis is complex and having the help of a professional will ensure that you get started most effectively. If you'd like a preview you can go to YouTube and search Scolio-Pilates for many free videos.

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Authorized Scolio-Pilates® Practitioner

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ABOUT

Scolio-Pilates®

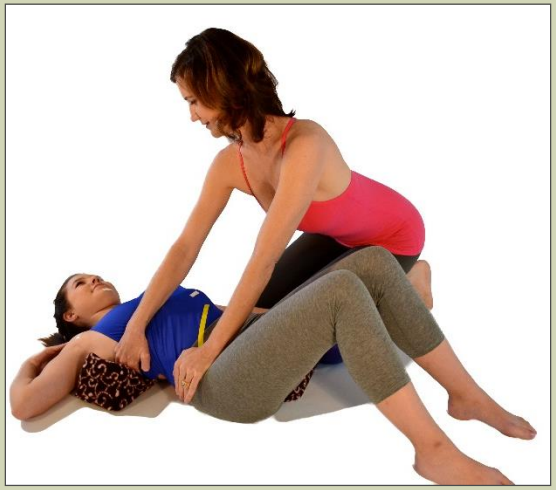
Welcome

Living with scoliosis can be challenging.

Finding the answers you need, shouldn't be.

This educational brochure will begin to answer some questions you may have. For the rest of your questions, do not hesitate to contact us.

Scoliosis Facts



THREE-DIMENSIONAL CORRECTION

When adding exercise to your regimen of scoliosis care, it is important to exercise in three dimensions. The scoliosis spine does not just curve to the right and left as it appears on an X-ray. The scoliosis spine also twists and turns side-to-side, up, down, forward and back. ***It makes sense why effective exercise corrections for scoliosis has so many components!***

WHAT WE KNOW ABOUT SCOLIOSIS

• 2-3% of the population has scoliosis. That's 6 million people in the United States.

• Onset/diagnosis occurs primarily between the ages of 10 and 15.

• While both genders are affected equally, females are 8 times more likely to progress.

• Scoliosis may impact quality of life with increased pain, decreased activity level, reduced respiratory function and low self-esteem.

• For 80% of cases, the cause is unknown and the degree of progression is unpredictable.

• In the United States, 30,000 children a year are braced while 38,000 patients undergo spinal fusion.

• Scoliosis patients may be at risk for osteoporosis (due to decreased activity level) and increased health risks in general (frequent exposure to radiation through X-rays).

• Primary Source: Scoliosis.org

SCOLIOSIS MANAGEMENT HISTORY

Currently, in our medical community, scoliosis is managed through observation, bracing and surgery. **But there is a fourth option: three-dimensional exercise for scoliosis correction.**

- While the three-dimensional correction of scoliosis began with traction and de-rotating techniques dating back to Ancient Greece, techniques have improved throughout the centuries.
- In the 20th century we have the work of Katharina Schroth who made great strides in the public awareness of three-dimensional correction and strengthening of the scoliotic spine.
- In the 21st century, we have Chaitow, Bradley and Gilbert helping us to understand the breathing disorders that affect those with scoliosis and how to help them.
- Also in the 21st century, there are many scientists reporting their findings in the field of connective tissue (Myers, Schleip, Chaitow and Huijing). The connective tissue of the body will mold to the scoliotic spine making it difficult to change. However with proper training, the connective tissue can be encouraged to lengthen and to remodel towards a more neutral alignment.

We stand on the shoulders of giants in the field of scoliosis.

Gus T. Basset Hound is our favorite Scolio-Pilates® representative. Find him in your free Scolio-Pilates® videos on YouTube! www.YouTube.com/PilatesTeck