



The exercises have to be performed with the parent or guardian to give stability to the hips. THE YELLOW MARK ON EACH PHOTO INDICATES THE AREA WHERE THE GUARDIAN'S /PARENT'S HAND SHOULD BE PLACED.



EXERCISE 9: Lie on your **SIDE (convex side)**. With both knees straight and in line with the upper body. Lift your upper body and both knees off the floor while resting on your elbow. Raise your **ARM (concave side)** together with the movements. Hold for 10 seconds then repeat 10 times.



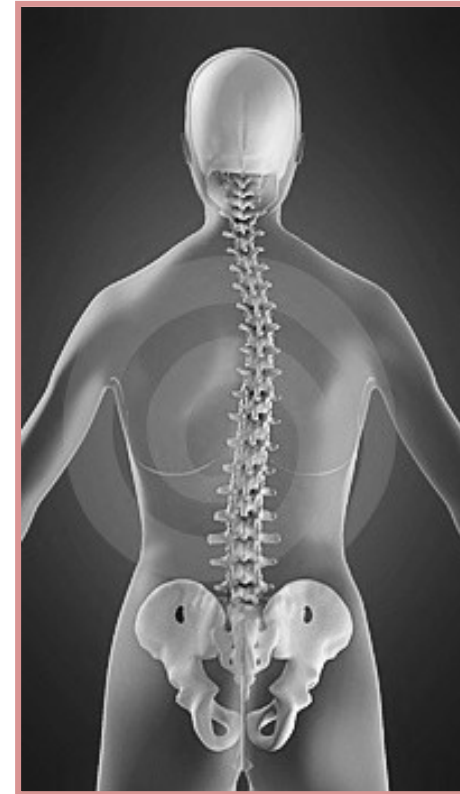
EXERCISE 10: Lie on your **SIDE (convex side)**. With both knees straight and in line with the upper body. Do the same movement on exercise 9 PLUS, raise your **LEG (concave side)**. Hold for 10 seconds then repeat



EXERCISE 11: Rest your hips on the ball. Lift **ARM (convex side)** and **LEG (concave side)** up. Hold for 10 seconds then repeat 10 times.



EXERCISE 12 :Stay in one corner of the room. Rest your **HIP AND WAIST (concave side)** on the ball. Both of your feet should be on the corner of the wall for added support. Keep both hands on the nape, gently lift your upper back upwards. Hold for 10 seconds then repeat 10 times.



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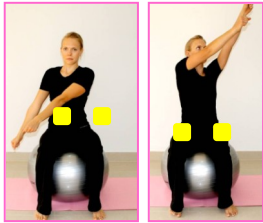
SCOLIOSIS EXERCISES

S-CURVE

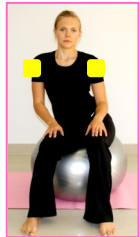


The following exercises were designed to stretch the tight muscles around the concave side of the the scoliotic group of vertebra and to strengthen the muscle group on the convex side. Each patient have their own different level and angulation of scoliosis, it is not ideal to share these exercises among other patients with scoliosis of different level or stage might cause further hyper-mobility of the spines or aggravation of their condition.

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EXERCISE 1: Sit on the ball with both feet flat on the floor. Start with both of your hands on the concave side (____SIDE) keeping the elbow straight then bring both of your hands across the midline, then up over your head. Hold for 10 seconds then repeat 10 times.



EXERCISE 2: Sit on the ball with both feet flat on the floor. Each hand is rested on each lap. Slowly move your hips toward the convex side ____SIDE. Hold for 10 seconds then repeat 10 times.

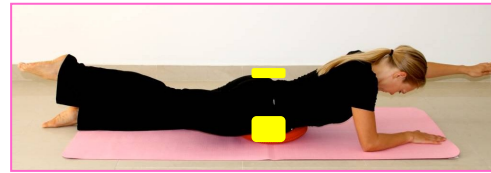


STARTING POSITION FOR EXERCISES 3 AND 4

EXERCISE 3: Kneel on a mat, place both hands on top of the ball. Slightly tilt your upper body forward with both elbows straight then slowly roll the ball with both hands to the convex side ____SIDE. Hold for 10 seconds then repeat 10 times.

EXERCISE 4: Kneel on the mat, both hands on the ball. Gently roll the ball in front keeping your elbow straight. Stop until your upper body is parallel to the floor. Then roll the ball slowly to the convex side ____SIDE. Hold for 10 seconds then repeat 10 times.

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EXERCISE 5: Lie on your chest starting with both arms on your side. Lift your ____ARM (convex side) overhead and ____LEG (concave side) off the floor. Do both movements altogether. Hold for 10 seconds then repeat 10 times.



EXERCISE 6: Stand on both hands and knees. Lift ____ARM (convex side) and ____LEG (concave side) up and parallel against the floor. DO both movements all at the same time. Hold for 10 seconds then repeat 10 times.



EXERCISE 8: Lie on your ____SIDE (Concave side). With both knees straight and in line with the upper body. Lift your upper body while resting on your elbow. Hold for 10 seconds then repeat 10 times.



EXERCISE 9: Lie on your ____SIDE (convex side). With both knees straight and in line with the upper body. Lift your upper body and both knees off the floor while resting on your elbow. Hold for 10 seconds then repeat 10 times.