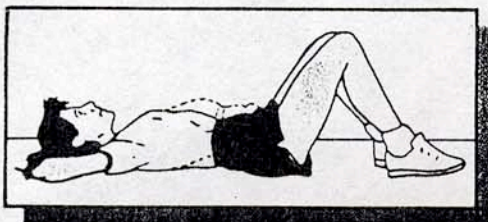
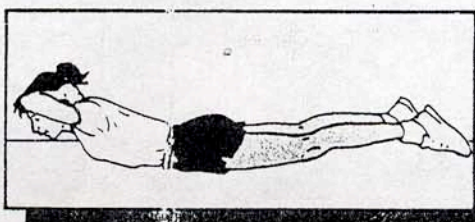


## Exercises for young patients with scoliosis

Exercises to maintain the strength and flexibility of the spine are important for patients with mild or moderate scoliosis, especially for those who wear a brace part of the time. The brace holds the back and trunk in a static position, which can cause muscles to weaken and joints to lose flexibility. The exercises below help prevent this.



**1. Pelvic tilt.** This is basic to all back strengthening and flexibility programs. Lie on your back with your knees bent. Flatten your lower back against the floor and hold for ten seconds. Repeat ten times.



**2. Back extension.** Lie on your stomach with your hands behind your head. Lift your elbows, squeeze your shoulder blades together, and raise your chest. Hold for ten seconds at first, and gradually increase this to 30 seconds. Repeat five to ten times.

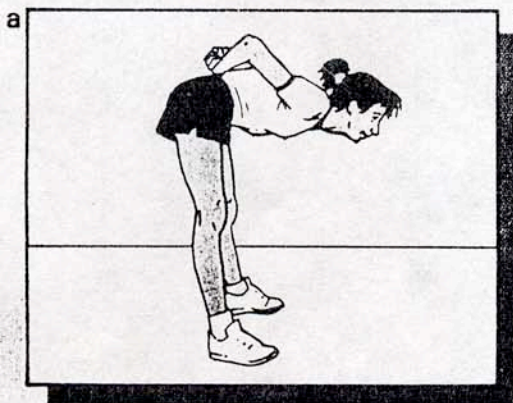


**3. Sit-up.** Lie on your back with your knees bent and arms folded on your chest. Slowly raise your head and shoulders. Raise them only slightly at first, but advance to a full sit-up as your strength increases. Do not jerk or arch your back. Repeat up to 50 times as your strength allows.

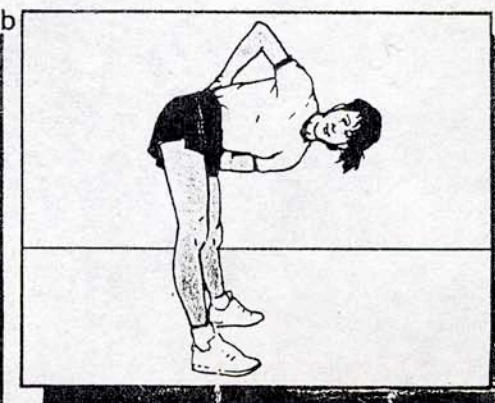
**4. Bicycle (not shown).** Assume the pelvic tilt position, raise your legs, and pedal as if riding a bicycle. Do this for 10 to 15 seconds at first; increase to three minutes as your strength grows.

**5. Leg raises (not shown).** Lie on your back and bend one leg while keeping the other straight. Slowly raise the straight leg to a vertical position. Do three sets of ten repetitions with each leg, alternating legs. Keep your lower back flat as in the pelvic tilt.

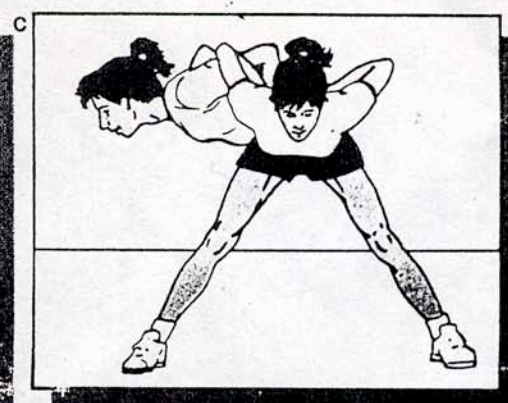
**6. Knee-chest stretch (not shown).** Lie on your back, bend your knees, grasp them, and pull them to your chest. Then slowly straighten and lower one leg at a time over a ten-second count. Repeat three to five times with each leg.



**7. Standing stretches.** Stand up, place your feet apart, and clasp your hands behind your back. Bend slowly forward from the waist until your trunk is parallel with the floor (a); hold this position for



10 to 15 seconds before standing upright again. Return to the bent position and slowly twist your torso to the right and left (b); then turn your torso slowly to the right and left without twisting (c).



Stand up again and arch your back briefly. Repeat this procedure three times.