



# ADVANCE PHYSICAL THERAPY

CERTIFIED POSTURAL RESTORATION CENTER

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## **WELCOME to Your Scoliosis Program**

**Congratulations!** You are taking the first steps to learn how to help your spine stop curving and to grow straighter! We are happy you are here and excited to teach you how to help yourself. **You are the boss**, so let us know if there are any special ways we can help you learn.

Scoliosis exercises are pretty new and not everyone knows about them so consider yourself **lucky!** Most of the kids who have gone through our program say they feel stronger and learned how to make their back and posture look more even. You will learn how to move safely and more balanced. Also, if you play a sport, musical instrument or dance, you will feel your performance improve.

We know that scoliosis can be a scary word and situation. But please know that we will do everything we can to make you feel comfortable. Please don't be afraid to ask us any questions about your posture or other things you may be thinking about.

You may be wondering what this program includes and requires, so here is a sneak peek:

Your physical therapist will watch you stand and walk, feel how your arms and legs move and watch you breathe. She will then teach you powerful exercises that use the opposite position of your curve pattern so your brain can learn how to use your muscles and in a new, improved way. You will also learn to breathe better. As you practice these exercises, the result will be

### **A STRONGER YOU!**

We ask that you try to spend about 30 minutes a day doing special exercises. You will also learn specific techniques to think about and do when you are sitting and standing during your day to help your brain re-learn a balanced and stronger posture.

We understand a program like this can be challenging and difficult to fit into a busy schedule. Further, it may not be for everyone. However, we are hopeful we can offer support, ideas, and techniques to help you and your family reach your goals!

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Patient

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Parent

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Date