

SCOLIOSIS SPECIFIC EXERCISES







INDICATIONS

- CHILDREN AGES 10+ WITH PROGRESSIVE IDIOPATHIC SCOLIOSIS OR HYPERKYPHOSIS
- ADULTS WITH SCOLIOSIS OR OTHER ATYPICAL SPINAL CURVATURES

GOALS

- ACHIEVE A MORE STABLE AND CORRECTED 3-D POSTURE AND REDUCE THE CHANCE OF FURTHER CURVE PROGRESSION.
- IMPROVE BODY IMAGE AND SYMMETRY, BALANCE, STRENGTH, BREATHING EFFICIENCY AND PAIN.

TREATMENT

- 10-15 VISITS ON AVG. DEPENDING ON NEEDS AND ABILITIES. PERIODIC RE-ASSESSMENTS, ESPECIALLY DURING GROWTH.
- COMPLIANCE WITH HOME PROGRAM REQUIRED.

CLINIC

- PRIVATE, CASH-BASED PRACTICE
- EVENING AND WEEKEND AVAILABILITY WITH OPTION FOR EXTENDED SESSIONS

Physiotherapy scoliosis specific exercise (PSSE) treatment includes education, training in active self-correction, stabilization exercises and integration of the corrected posture in activities of daily living (ADL's).



LOOKING AFTER THE PERSON, NOT JUST THE CURVE.

-MANUEL RIGO, MD



CORI REYNOLDS, PT, DPT

- Dr. Reynolds has over 25 years of experience as a licensed physical therapist and is one of only a few certified scoliosis specialists in the state of Alabama.
- PSSE training: BSPTS Rigo Concept (C2 and L2 certifications) and SEAS.
- SOSORT and APTA Member



SCOLIOSIS RESOURCES

- International Society on Scoliosis Orthopedic and Rehabilitation Treatment (SOSORT.org)
- Scoliosis Research Society (srs.org)
- PSSE Treatment Information:
 - BSPTS bsptsnorthamerica-rigoconcept.com
 - SEAS en.isico.it/seas
- Scoliosis Resources and Support Groups:
 - BracingForScoliosus.org
 - CurvyGirlsScoliosis.com
 - HiggyBears.com

Rigo Curve Classification 3D Bracing Resources





CONTACT INFO

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