

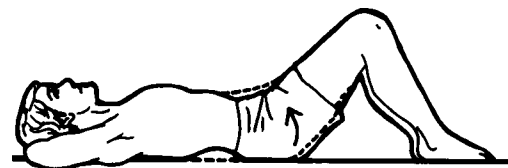
Physical Therapy Department

# Scoliosis Exercises

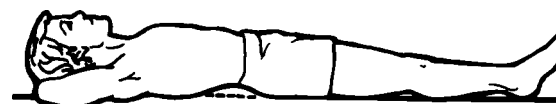


## EXERCISES FOR PATIENTS WEARING THE MILWAUKEE BRACE

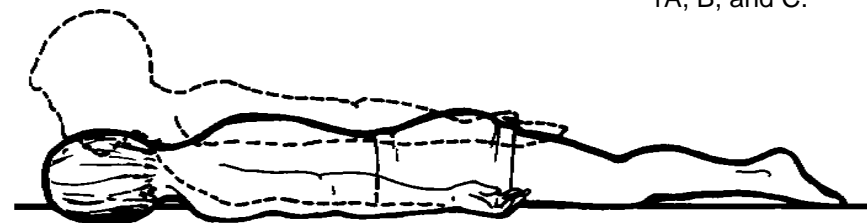
Exercises 1 through 5 are held to the count of five and done ten times once daily. Exercises 7 and 8 are to be done many times a day.



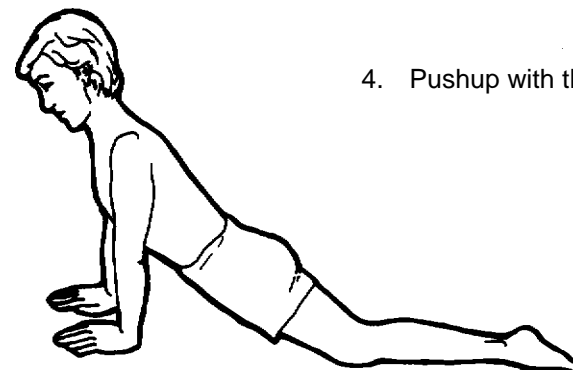
1. Pelvic tilt backlying with the knees bent.
  - A. Keep the shoulders flat on the floor and breathe regularly.
  - B. Tighten the buttocks.
  - C. Force the lumbar spine towards the bars by tightening and pushing backward with the abdominal muscles.



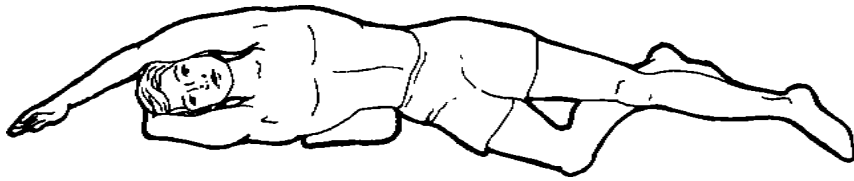
2. Pelvic tilt supine with the knees straight. Repeat 1A, B, and C.



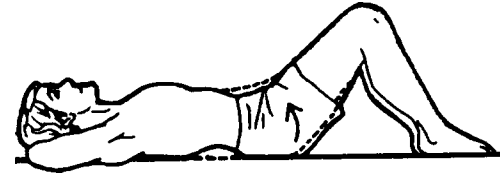
3. Spine extension in the facelying position.
  - A. Tilt the pelvis, pull away from the front of the girdle.
  - B. Raise the head, arms and shoulders about 6 inches against resistance between the shoulder blades.



4. Pushup with the pelvis tilted.



5. Filling out the "Thoracic Valley."
  - A. Lie on your side with a small pillow under the thoracic pad.
  - B. The top arm and leg should be straight, lower arm and leg bent.
  - C. Tilt the pelvis.
  - D. Breathe in while pushing chest back toward the posterior uprights.



1. Pelvic tilt backlying with the knees bent.
  - A. Keep the shoulders flat on floor, but breathe regularly.
  - B. Tighten the buttocks.
  - C. Force the small foot back into the floor by tightening and pushing backward the abdominal muscles. Try to "Crush" the Therapist's hand under the back.



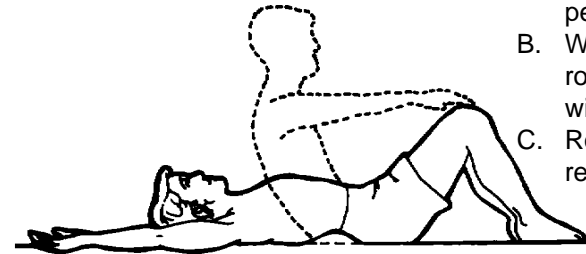
6. Pelvic tilt standing.
  - A. Relax the knees, tilt the pelvis by pulling in the abdomen and tucking the hips under.
  - B. Walk, holding the tilt. Make this posture a habit.



7. Active correction of the Thoracic Lordosis and Rib Hump.
  - A. Tilt the pelvis in the standing position.
  - B. Inhale deeply, spread the ribs and press the chest wall backward toward the posterior uprights.



2. Pelvic tilt with the knees straight. Repeat 1A, B, and C.



3. Sit up with pelvic tilt.
  - A. With the knees bent, tilt the pelvis and hold the tilt.
  - B. With the elbows straight, roll up to touch the knees with fingers.
  - C. Roll back down slowly, then release the tilt.

8. Active correction of the curves.
  - A. Tilt the pelvis.
  - B. Keep the pelvis tilted and shift away from the Thoracic Pad.
  - C. Same with the Lumbar Pad.
  - D. Now, tilt pelvis shift away from both pads and stretch up tall out of the brace.

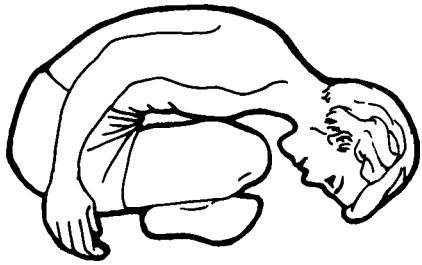
4. Deep breathing exercises.
  - A. Divide the chest into three parts; abdomen, lower ribcage and upper ribcage.
  - B. Inhale deeply and then exhale completely in each part.
  - C. Later, when you can do this well, combine all three into one deep breath.

**POSTURAL EXERCISES  
EXERCISES TO BE DONE OUT OF THE MILWAUKEE BRACE**

Exercises are to be held for the count of 5 and done 10 times once or twice daily. Do only those exercises checked for you.

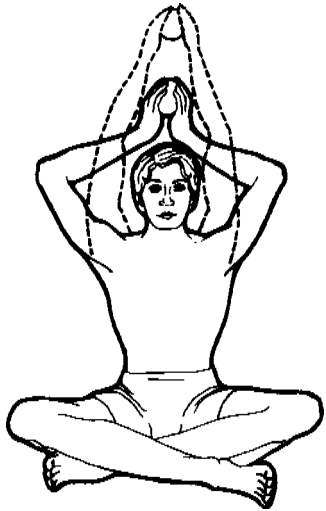


5. Hamstring stretch.
  - A. Sitting with legs out in front of you, touch your toes.
  - B. As you progress, try to touch your head to your knees.

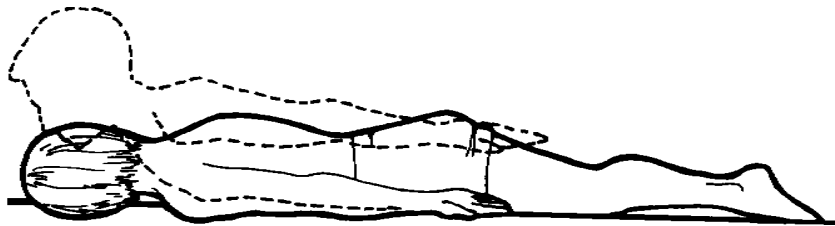


6. Back stretch.  
A. Sitting Indian style, touch head to floor in front of you.

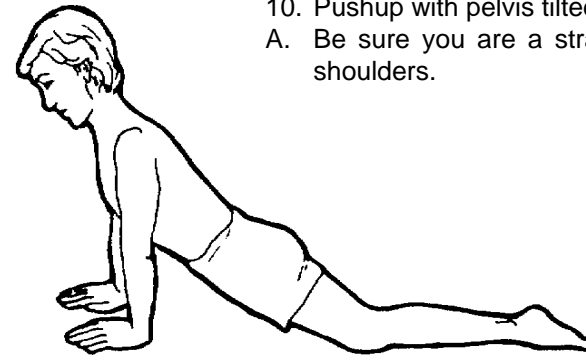
7. Rotational stretch.  
A. With hands behind head, rotate as far as possible from side to side trying to touch your elbow to the opposite knee (sitting Indian style).



8. Back strengthening.  
A. Sit Indian style with back as flat as possible to the wall.  
B. Hold a ball overhead and raise straight up.  
C. Be sure to keep your elbows to the wall.



9. Spine extension in the prone (facelying) position.  
A. Tilt the pelvis, make a "Tunnel" under your abdomen.  
B. Arms at your sides, palm down.  
C. Pinch shoulder blades together and raise head and shoulders and arms about 6 inches from the floor against resistance.

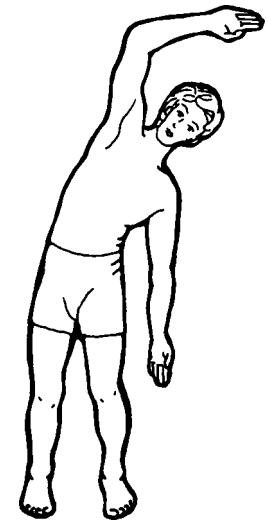


10. Pushup with pelvis tilted.  
A. Be sure you are a straight line from knees to shoulders.

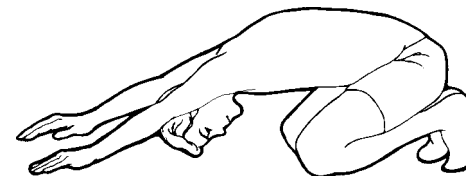


11. Pelvic tilt in the standing position.  
A. With the head, shoulders and back against the wall and the heels 3 inches from the wall, stand tall.  
B. Relax the knees, tilt the pelvis.  
C. Walk away holding the tilt. Make this posture a habit.  
D. Learn to do this correction without the wall; pull in tummy and tuck hips under.

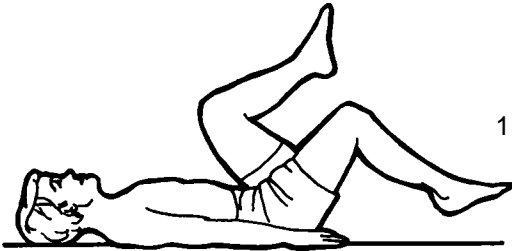
12. Side stretch.  
A. Standing with one arm overhead and one arm at side, bend to the side opposite the raised arm.



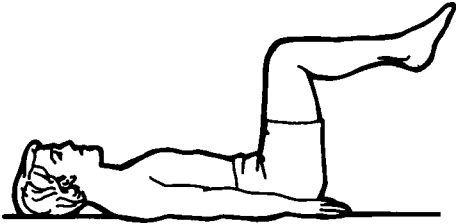
12. Side stretch.  
B. Sit on heels, forehead near floor, arms outstretched. Stretch out your arms and slowly bend your trunk to one side. Repeat to other side.



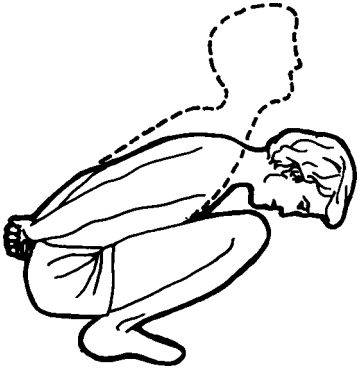
## ADDITIONAL TRUNK STRENGTHENING EXERCISES



1. Bicycle.



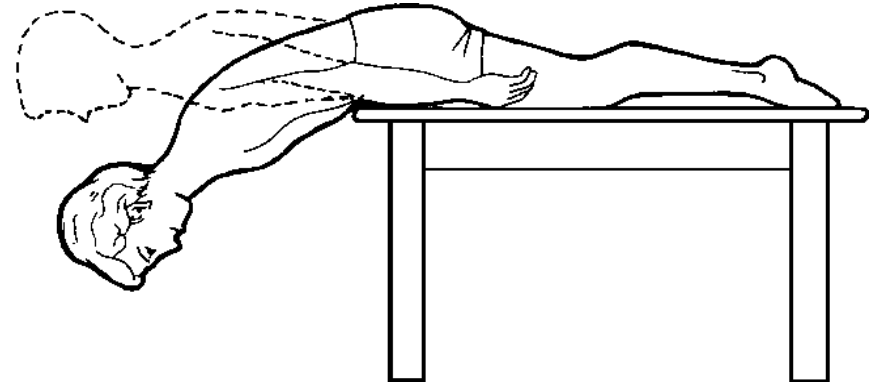
2. Abdominal strengthening.  
A. With knees bent, back flat to table, rotate knees side to side.



3. Back strengthening.  
A. Sitting on your heels, hands behind your back, keep tummy on your thighs.  
B. Lift head and shoulders.



4. Back strengthening.  
A. Sitting in a chair, lean forward with tummy on your knees, hands behind your head.  
B. Raise head and shoulders only.



5. Back strengthening.  
A. With waist at edge of table, raise trunk and arms in straight line to table.

If you have problems, call \_\_\_\_\_ No. \_\_\_\_\_