

Benefits of exercise for scoliosis patients

Improves core strength
(which in turn strengthens back muscles, helps with balance and posture, and stabilizes the spine).

Improves posture

Strengthens the muscles around the back and the spine

Reduces pain in the back

Helps relieve pressure from joints and muscles

Keeps joints around the back moving and lubricated

Can increase overall quality of life
(when you move better and feel better physically, you also feel better mentally)

Can increase overall daily function
(ability to lift, bend, etc.)

Can result in improved self-image and body confidence

Created by BackTalk SSG (Lauren Leopold, OTDS)

References:

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- Li, X., Shen, J., Liang, J., Zhou, X., Yang, Y., Wang, D., Wang, S., Wang, L., Wang, H., & Du, Q. (2020, December 27). Effect of core-based exercise in people with scoliosis: A systematic review and meta-analysis. *Clinical Rehabilitation*, 35(5), 669-680. <https://doi.org/10.1177/0269215520975105>

