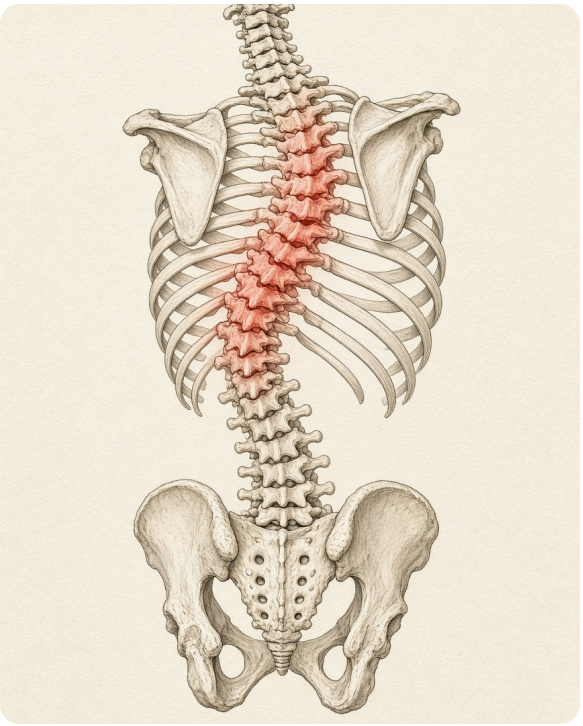
ARMIN PHYSIO



PATIENT GUIDE

Scoliosis

Notice a curve or unevenness in your spine? It could be **scoliosis.**

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What is scoliosis?

Scoliosis is a sideways curvature of the spine with rotation of the vertebrae. It can range from mild to more significant and may affect posture and movement, and in some cases cause discomfort. Exercise can play an important role: improving core and back strength, posture, mobility and balance while addressing each person's individual curve.

QUICK CHECK

Does this sound like you?

- [ ] A **hump on one side** when you bend down to touch your toes
- [ ] Your **shoulders feel uneven**, or one sits higher
- [ ] **One side feels more stiff** than the other
- [ ] **Uneven hips** or waist, or one shoulder blade sticks out more
- [ ] Back **stiffness, fatigue or discomfort**

If you ticked a few boxes, scoliosis could be part of the picture. A curve should be properly assessed. Try the 3 exercises on the next pages.



A hump when you bend down


Shoulders feel uneven

YOUR 3 EXERCISES

Try these exercises

1 Lying rotation stretch

Stretches the stiffer side of your spine



1. **Lie on your back** and place the **unaffected side's leg across**, just like so.
2. From here, **pull over towards the affected side**, the stiffer side, going across.
3. **Hold it for about 30 seconds to a minute.**
4. **Come right back** and repeat.

Hold 30 seconds to 1 minute, 2–3 times

Hold from Armin's video; repeats suggested

Stop if you feel sharp pain, or pain, numbness or tingling travelling into your leg.

2 Seated reach-up rotation

Creates rotation through the spine



1. Place the **hand of the side that feels more stiff** on the **opposite ankle**.
2. From here, **bring the opposite shoulder coming up**, creating rotation through the spine.
3. **Go back down** and repeat.

2–3 sets of 10 each side, slow and controlled

Suggested dosing

Stop if you feel sharp pain, or pain, numbness or tingling travelling into your leg.

3 Lying leg lift with rotation

Activates the muscles along your spine





1. **Lie on your stomach** and have the **unaffected side's leg supported** like so.
2. From here, **bring that leg up**, creating rotation at the spine and activating these muscles.
3. **Go back down** and repeat.

2–3 sets of 10 each side, slow and controlled

Suggested dosing

Stop if you feel sharp pain, or pain, numbness or tingling travelling into your leg.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Stretch
Lying rotation stretch, 30–60 s holds

02
Rotate
Seated reach-up rotation, 2–3 × 10

03
Activate
Lying leg lift, 2–3 × 10

Hold times are from Armin's video. His description gives no set counts, so the sets, reps and doing it once a day are suggestions. Move slowly, focus on technique and posture, build strength progressively and stay consistent.

Stop the exercise if you notice

- Sharp pain during the movement
- Pain, numbness or tingling travelling into your leg
- Pain that lingers or is worse the next day

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Back pain after a **fall or accident**
- **Numbness in the groin** or new **bladder or bowel** problems
- **Weakness, numbness or tingling** in your legs that is getting worse
- A curve that is **changing quickly**, especially in a child or teen who is still growing
- **Trouble breathing**, or back pain with **fever** or unexplained weight loss
- **Constant pain at night** that doesn't ease with rest

For numbness in the groin, new bladder or bowel problems, or trouble breathing, go to the nearest emergency department. Any new or changing curve should be checked by a doctor or physiotherapist.

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Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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