



Clinical Somatics for Scoliosis

Course Summary

EXERCISES

1. Arch & Flatten
2. Side Curl
3. Back Lift
4. Arch & Curl
5. Proprioceptive Exercise 1: Seated Arch & Flatten
6. Hip Slides & Hip Raises
7. Diagonal Arch & Curl
8. Proprioceptive Exercise 2: Raising hips side to side
9. Big X
10. Diagonal Curl
11. Iliotibial Band Release
12. Iliopsoas Release
13. Seated Hamstring Release
14. Hip Directions
15. Proprioceptive Exercise 3: Bending side to side
16. Scapula Scoops Part 1
17. Scapula Scoops Part 2
18. Lower Back Release
19. Hip Rotation
20. Gluteal Release
21. Washcloth
22. Head Lifts
23. Hip Circles
24. Standing Hamstring Release
25. Steeple Movement
26. Seated Twist
27. Proprioceptive Exercise 4: Shifting rib cage side to side

DAILY PRACTICE CLASSES

Daily Practice Class 1: Arch & Flatten, Back Lift, Side Curl (27 minutes)

Daily Practice Class 2: Arch & Flatten, Back Lift, Side Curl, Arch & Curl, Proprioceptive Exercise 1 (27 minutes)

Daily Practice Class 3: Arch & Flatten, Diagonal Arch & Curl, Hip Slides, Hip Raises, Proprioceptive Exercise 2 (23 minutes)

Daily Practice Class 4: Arch & Flatten, Side Curl, Diagonal Curl, Iliotibial Band Release, Big X (28 minutes)

Daily Practice Class 5: Arch & Flatten, Back Lift, Iliopsoas Release, Seated Hamstring Release (24 minutes)

Daily Practice Class 6: Arch & Flatten, Hip Directions, Big X, Proprioceptive Exercise 3 (35 minutes)

Daily Practice Class 7: Arch & Flatten, Scapula Scoops, Hip Slides, Hip Raises, Lower Back Release (35 minutes)

Daily Practice Class 8: Arch & Flatten, Hip Rotation, Gluteal Release, Washcloth (26 minutes)

Daily Practice Class 9: Arch & Flatten, Diagonal Arch & Curl, Head Lifts, Hip Circles, Standing Hamstring Release (25 minutes)

Daily Practice Class 10: Arch & Flatten, Steeple Movement, Seated Twist, Proprioceptive Exercise 4: Standing shifting rib cage (35 minutes)

Final Daily Practice Class: (65 minutes)

Arch & Flatten

Back Lift

Side Curl

Diagonal Curl

Iliotibial Band Release

Hip Slides

Hip Raises

Hip Circles

Scapula Scoops

Internal Rotator Release

Steeple Movement

Washcloth

Arch & Curl

Diagonal Arch & Curl

Iliopsoas Release

Big X