



Scoliosis Course Schedule

DAY	CURRICULUM
1	Learn the Arch & Flatten
2	Practice the Arch & Flatten
3	Learn the Side Curl
4	Practice the Side Curl
5	Learn the Back Lift
6	Practice the Back Lift
7	Daily Practice Class 1
8	Use Daily Practice Class 1
9	Use Daily Practice Class 1
10	Learn the Arch & Curl
11	Practice the Arch & Curl
12	Learn Proprioceptive Exercise 1
13	Practice Proprioceptive Exercise 1
14	Daily Practice Class 2
15	Use Daily Practice Class 1 or 2
16	Use Daily Practice Class 1 or 2
17	Learn Hip Slides & Hip Raises
18	Practice Hip Slides & Hip Raises
19	Learn the Diagonal Arch & Curl
20	Practice the Diagonal Arch & Curl
21	Learn Proprioceptive Exercise 2
22	Practice Proprioceptive Exercise 2
23	Daily Practice Class 3
24	Use Daily Practice Class 1, 2 or 3
25	Use Daily Practice Class 1, 2 or 3
26	Learn the Big X
27	Practice the Big X
28	Learn the Diagonal Curl
29	Practice the Diagonal Curl
30	Learn the Iliotibial Band Release
31	Practice the Iliotibial Band Release
32	Daily Practice Class 4
33	Use Daily Practice Class 1, 2, 3 or 4
34	Use Daily Practice Class 1, 2, 3 or 4
35	Learn the Iliopsoas Release
36	Practice the Iliopsoas Release
37	Learn the Seated Hamstring Release
38	Practice the Seated Hamstring Release
39	Daily Practice Class 5
40	Use any of Daily Practice Classes 1-5
41	Use any of Daily Practice Classes 1-5

42	Learn Hip Directions
43	Practice Hip Directions
44	Learn Proprioceptive Exercise 3
45	Practice Proprioceptive Exercise 3
46	Daily Practice Class 6
47	Use any of Daily Practice Classes 1-6
48	Use any of Daily Practice Classes 1-6
49	Use any of Daily Practice Classes 1-6
50	Learn Scapula Scoops Part 1
51	Practice Scapula Scoops Part 1
52	Learn Scapula Scoops Part 2
53	Practice Scapula Scoops Part 2
54	Learn the Lower Back Release
55	Practice the Lower Back Release
56	Daily Practice Class 7
57	Use any of Daily Practice Classes 1-7
58	Use any of Daily Practice Classes 1-7
59	Use any of Daily Practice Classes 1-7
60	Learn Hip Rotation
61	Practice Hip Rotation
62	Learn the Gluteal Release
63	Practice the Gluteal Release
64	Learn the Washcloth
65	Practice the Washcloth
66	Daily Practice Class 8
67	Use any of Daily Practice Classes 1-8
68	Use any of Daily Practice Classes 1-8
69	Use any of Daily Practice Classes 1-8
70	Learn the Head Lifts
71	Practice the Head Lifts
72	Learn Hip Circles
73	Practice Hip Circles
74	Learn the Standing Hamstring Release
75	Practice the Standing Hamstring Release
76	Daily Practice Class 9
77	Use any of Daily Practice Classes 1-9
78	Use any of Daily Practice Classes 1-9
79	Use any of Daily Practice Classes 1-9
80	Learn the Steeple Movement
81	Practice the Steeple Movement
82	Learn the Seated Twist
83	Practice the Seated Twist
84	Learn Proprioceptive Exercise 4
85	Practice Proprioceptive Exercise 4
86	Daily Practice Class 10
87	Use any of Daily Practice Classes 1-10
88	Use any of Daily Practice Classes 1-10
89	Use any of Daily Practice Classes 1-10
90	Final Class