



Scoliosis Specialty

Pilates Instructor Program

RESOURCES

Curated Shopping Lists:

PILATES SHOP LIST

[**LINK TO AMAZON LIST**](#)

[**SCOLIOMETER LINK**](#)

SCHROTH SCOLIOSIS SHOP LIST

[**LINK TO AMAZON LIST**](#)

SCOLIOSIS CUSTOM WEDGES

[**LINK TO HAPPY SEW**](#)

by Dr. Andromeda Stevens, D.C.

Cleveland Chiropractic College of Los Angeles Graduate '96

Schroth Best Practice® Certified Advanced Level II

Cox Flexion/Distraction Technic® Certified

BSPTS Concept by Rigo Basic Level 1-3 Certified

PSSE – Schroth method (Physiotherapeutic Scoliosis Specific Exercises) Certified LEVEL II

ScoliBalance Certified

PMA Gold Certified / NCPT Certified

RESOURCES FOR SSPI GRADUATES

Insurance:

- [INSURANCE LINK](#)

Membership Portals:

- [MEMBERSHIP PORTAL](#) Pilates Sports Center
- [MEMBERSHIP PORTAL](#) Scoliosis Coach

Video Portals:

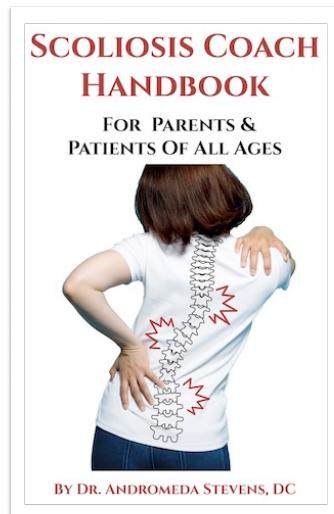
- [YouTube Scoliosis Coach](#)
- [YouTube Pilates Sports Center](#)
- <https://scoliosiscoach.thinkific.com/collections>

Social Media:

- <https://linktr.ee/ScoliosisCoach>
- <https://www.instagram.com/scoliosiscoach/>
- <http://www.facebook.com/ScoliosisCoach>

Connect with me to stay motivated and informed

- 818 970 1222
- www.ScoliosisCoach.com
ScoliosisCoach@gmail.com
- Please review me on Google <https://www.google.com> / Review Me on YELP! [Yelp Link](#)



To accompany the workshop:

The Scoliosis Coach Handbook

For Children and Adults with Scoliosis

[LINK TO BUY](#)

SUPPORT GROUPS AND FAQ FORUMS:

<https://www.srs.org/>

<https://www.sosort.org/About-us>

www.higgybears.com - a site for everyone with scoliosis, with a forum, events, store, and more!

www.curvygirlsscoliosis.com - a site for girls with scoliosis, with a forum, events, store, and more!

<http://www.scoliosis.org/forum/archive/index.php/t-342.html>

<http://www.iscoliosis.com/FashionRescue.pdf>

an extremely helpful site with information about bracing and treatment

www.scoliosisnutty.blogspot.com - A cute little blog on scoliosis.

scoliosis-braceyourself.blogspot.com - Another cute blog about scoliosis

scoliosisliving.blogspot.com - A blog about a family going through the struggles of Scoliosis.

UNDERSHIRTS for BRACES:

You must wear an undershirt between your skin and the brace. This will improve comfort, reduce the risk of skin abrasions, and sweat rashes. The shirt should ideally be cotton, tight fitting, long enough to cover the whole brace and be seamless. You can try: www.Tillys.com

Torso "Sock" – with or without flap to protect against brace edges OR <http://www.bostonbrace.com/content/accessories.asp> OR <https://www.bracebuddies.co/>

