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

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RESOURCES FOR SSPI GRADUATES

Insurance:

- INSURANCE LINK

Membership Portals:

- MEMBERSHIP PORTAL Pilates Sports Center
- MEMBERSHIP PORTAL Scoliosis Coach

Video Portals:

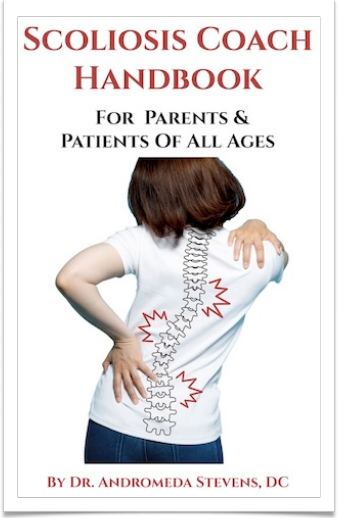
- YouTube Scoliosis Coach
- YouTube Pilates Sports Center
- https://scoliosiscoach.thinkific.com/collections

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

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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/

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