



PROPS FOR SCOLIOSIS WORK

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PILATES SHOP LIST
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SCHROTH SCOLIOSIS SHOP LIST
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SCOLIOSIS CUSTOM WEDGES
[LINK TO HAPPY SEW](#)

[SCOLIOMETER LINK](#)

PILLOWS Core Products®

- 1/2 Round Pillow
- Full Round Pillow
- Small camping pillows

WEDGES - CUSTOM MADE (large is usually best for adults and teens) [LINK TO HAPPY SEW](#)

FOAM ROLLERS

Neck Roll: @12" long

- 4" adult
- 3" child or petite adult

Full Rollers:

- Long 1/2 Roller Medium Density
 - Long/Full Round Medium Density Foam Roller
- Or
- Long/Full Round Soft Foam Roller

BALANCE

- WOBBLE BOARD / BALANCE
- BALANCE PAD (there are substitutes, make sure they aren't slippery)

THERABALL to match your height (when seated on ball legs at 90°)

- 55 CM small ball for children
- 65CM medium ball for most adults
- 68-75CM large ball for tall adult

THERABANDS 6 ft long

- LONG BANDS various densities
- LONG ELASTIC LOOP BAND

NON SLIP MATERIAL

DEEP TISSUE MASSAGE GUN

STRAPS

- YOGA STRAP / LOOPS
- YOGA STRAP NO LOOPS

FOR INFORMATION ON PILATES TRAINING OR EDUCATION PROGRAMS

www.WellnessCenterofEncino.com

www.PilatesSportsCenter.com

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