



## PROPS FOR SCOLIOSIS WORK

Shop on my web site [www.ScoliosisCoach.com](http://www.ScoliosisCoach.com) (Shopping tab)  
Or My Curated Amazon Lists:

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

**SCHROTH SCOLIOSIS SHOP LIST**  
[LINK TO AMAZON LIST](#)

**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](http://www.WellnessCenterofEncino.com)

[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

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