



IN LEAPS AND BOUNDS  
ILAB FOR ASC

EMPOWERING YOUR RECOVERY JOURNEY.

# Mind–Body Recovery for ASC

Pre-surgery preparation and post-surgery support for Anterior Scoliosis Correction

At ILAB, recovery starts before surgery. We work with you to prepare your mind and body for ASC, then guide you through recovery with a personalized programme designed to build trust, confidence, and safe movement every step of the way.

## Why families choose ILAB

- Most patients begin working with us **before surgery**, so they feel informed, supported, and ready for recovery.
- Our in-house programme is aligned with the care pathway at **The Institute for Spine and Scoliosis**.
- Developed with **Dr. Darryl Antonacci**, this protocol has supported ASC patients worldwide for over six years.
- We focus on the whole person—preparation, movement, mindset, confidence, and long-term recovery.

## Understanding the recovery loop



After surgery, the brain can interpret movement as unsafe. That can create a loop where fear reduces movement, and limited movement reinforces fear. ILAB helps break that cycle with guided preparation, safe movement experiences, and practical mind–body tools.

## More than rehabilitation

This is not a generic physiotherapy plan. It is a structured, evidence-informed Mind–Body protocol designed specifically for ASC patients—before, during, and after surgery.