



What's Scolio-Pilates?

Scolio-Pilates® is a three-dimensional scoliosis-specific exercise program that will put you in control of your scoliosis. It is an easy and accessible scoliosis exercise program for managing scoliosis at home or in a professional setting.

With Scolio-Pilates, you will learn a tailored program for managing your scoliosis using these techniques:

- **Elongate:** Lengthen the spine towards neutral.
- **Breath:** Open up areas of the ribs and lungs that are constrained due to the scoliosis.
- **Rotation:** Using wedges to assist the spine towards neutral.
- **Strengthen:** Maintain alignment and gain ease of movement to increase function in all your life's passions.

With Scolio-Pilates, you will learn and practice exercises that you will use in your everyday life. Benefits of Scolio-Pilates may include:

- Improved postural awareness
- Pain reduction
- Improved symmetry of tissues
- Improved endurance and tolerance of activities
- Improved breathing capacity
- Improved strength and flexibility
- Pro-active management during your scoliosis journey (non-fusion/brace/fusion)

Scolio-Pilates is an evidence-based program to help you manage your scoliosis using a holistic full-body approach to alignment and strengthening. Scolio-Pilates will give you the tools to alleviate pain, and facilitate proper movement for a better quality of life.

How did Scolio-Pilates get started?

Scolio-Pilates® is based strongly on the great minds that have come before us and the great minds that continue to shape our knowledge of scoliosis and the human body. This includes Katarina Schroth and the Schroth method, David Butler with Lorimer Mosley at the Neuro Orthopedic Institute, Dinah Bradley with Tanya Clifton of the BradCliff Method, Gil Hedley, Robert Schleip, Andrew Taylor Stills and his creation of the field of osteopathy, the research of Burwell, et al, the guidelines from the Society on Scoliosis Orthopedic Rehabilitation and Treatment and the list could go on but we'll stop there for now.

Some Of Our Partners

Scolio-Pilates is proud to collaborate with [Balanced Body](#), the leading provider in the Pilates industry, offering high-quality Pilates equipment, education, and resources.

Also, proud to be affiliated with the [National Scoliosis Clinic](#), a specialized healthcare company focused on scoliosis treatment available to everyone via online courses and therapy, and a remote monitoring app.

Renowned for its effectiveness, Scolio-Pilates is widely recognized and utilized by medical practitioners in hospitals nationwide. This includes comprehensive training for the physical therapy team at [Dayton Children's Hospital](#).

Our international team of Principal Educators is dedicated to teaching Scolio-Pilates around the world, ensuring the highest standards of practice and knowledge.

