

# The Scoliosis Handbook Of Safe And Effective Exercises Pre And Post Surgery



## The Scoliosis Handbook of Safe and Effective Exercises Pre and Post Surgery by Caroline Freedman

★★★★☆ 4.6 out of 5

Language : English  
File size : 4454 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 160 pages



Scoliosis is a condition that affects the spine, causing it to curve sideways. It can be a painful and debilitating condition, but there are treatments available that can help to improve symptoms and prevent further curvature.

One of the most important treatments for scoliosis is exercise. Exercise can help to strengthen the muscles around the spine, improve posture, and reduce pain. However, it is important to choose the right exercises for scoliosis, as some exercises can actually worsen the condition.

The Scoliosis Handbook Of Safe And Effective Exercises Pre And Post Surgery is the most comprehensive guide to scoliosis exercises available. Written by a leading scoliosis specialist, this book provides step-by-step instructions for over 100 exercises that are safe and effective for people with scoliosis, both before and after surgery.

The exercises in this book are divided into three sections:

- Pre-surgery exercises
- Post-surgery exercises
- Maintenance exercises

The pre-surgery exercises are designed to help strengthen the muscles around the spine and improve posture. The post-surgery exercises are designed to help the spine heal and recover from surgery. The maintenance exercises are designed to help prevent further curvature and keep the spine healthy.

The Scoliosis Handbook Of Safe And Effective Exercises Pre And Post Surgery is an essential resource for anyone with scoliosis. This book provides the information and guidance you need to safely and effectively manage your condition.

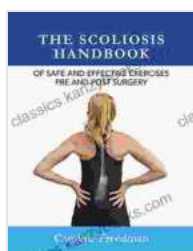
### **Benefits of the Scoliosis Handbook Of Safe And Effective Exercises Pre And Post Surgery**

- Provides step-by-step instructions for over 100 safe and effective scoliosis exercises
- Written by a leading scoliosis specialist
- Includes exercises for all stages of scoliosis, from pre-surgery to post-surgery
- Helps to strengthen the muscles around the spine
- Improves posture

- Reduces pain
- Prevents further curvature
- Keeps the spine healthy

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