

HOW PILATES CAN HELP SCOLIOSIS

WHAT IS SCOLIOSIS?

Derived from the Greek word *skol*, which means twists and turns, Scoliosis refers to an abnormal curvature of the spine, greater than 10° with associated rotation. The spine may appear to take on the shapes of the letters "C" or "S". Scoliosis can vary in degree:

- Mild – less than 20° curvature
- Moderate – more than 25° curvature
- Severe – more than 40° curvature

CAUSES

There are several causes of Scoliosis, including:

- Bone changes
 - Congenital: Malformation of vertebrae
 - Acquired fractures
 - Difference in leg length
- Myofascial or Neuromuscular – habitual posture and motions, e.g. mothers carrying babies on their hips, sport movements
- Muscle spasms

SYMPTOMS

- Backaches
- Feeling of fatigue in the spine after long periods of sitting or standing
- Uneven hips and shoulders
- Spine curves more to one side

ISSUES ASSOCIATED WITH SCOLIOSIS

- Facet joint compression
- Altered ribcage dimensions and rib mobility
- Organ compromise in severe cases

THE ROLE OF PILATES IN SCOLIOSIS

When conducted and executed properly, Pilates can be a safe and effective means of managing scoliosis for individuals grappling with the condition. Its benefits include the following:

- Helps develop core muscles and optimal functioning of the body
- Develops tonic control and support of the spine, pelvis and scapulae
- May correct and lessen the curvature through development of the muscular system
- Improve lateral strength and stability
- Springs and rope pulleys help to strengthen weak muscles to help the body back into proper coordination
- Breathing techniques can help to mobilize thoracic spine and ribs



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