

The Role of Exercise & Rehabilitation in Scoliosis Treatment

Scoliosis is a complicated condition.

There is no single method that has proven to be effective in every case or suitable for every patient. We offer expert analysis and a range of scoliosis treatments best suited to the patient and their stage and type of scoliosis.

Specific scoliosis therapy programs can play an important role in scoliosis treatment as part of a complete approach to scoliosis care, and can assist to:

- Slow down curve progression
- Improve muscular balance
- Improve posture
- Improve cosmesis
- Help with pain relief
- Increase vital capacity
- Improve spinal mobility

Specific Scoliosis Therapy

At the SPINE & SCOLIOSIS CLINIC we are committed to offering a range of evidence based rehabilitation approaches to scoliosis treatment. We offer a variety of both intensive in-patient Rehabilitation programs and a low intensity approach where the focus is on a home based rehabilitation program (based on the clinic location).

Each program is tailored by Dr. Betty Callen, to ensure that the appropriate approach is used in each individual scoliosis case.



The main therapy we use is called the Scientific Exercise Approach to Scoliosis (SEAS) in combination with Chiropractic BioPhysics Mirror Image Exercises (CBP). SEAS is the world's most researched scoliosis therapy program. The aim of SEAS is to teach patients how to improve the alignment of their spine, then to do specific exercises holding the better alignment.

SEAS can help to stop small scoliosis curves from progressing, and in larger curves it can be used as an important adjunct to scoliosis bracing.

CBP is the most research Chiropractic Technique and can provide corrective results of the spine. CBP is a combination of Adjustments, exercises, and mechanical traction.

What is SEAS?

SEAS is the acronym for **Scientific Exercise Approach to Scoliosis**. It is the world's most researched scoliosis therapy program. The aim of SEAS is to teach patients how to improve the alignment of their spine, then to do specific exercises holding the better alignment.

SEAS can help to stop small scoliosis curves from progressing, and in larger curves it can be used as an important adjunct to bracing.

There is much research to support the effectiveness of the use of the SEAS protocol compared with patients who have followed other treatments.

Recommendations:

20 min a day of in and out of the brace SEAS.

This is 20min of dedicated time to your exercises and not to be multitasked with your everyday activities. Full concentration is required.

Questions or Concerns for Dr. Betty Callen or Team Member

Or to schedule a 40min Scoliosis Exercise Session:

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