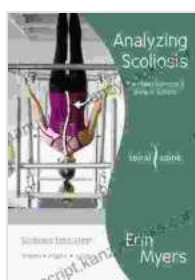


The Pilates Instructor Guide To Scoliosis



Analyzing Scoliosis: The Pilates Instructor's Guide to Scoliosis by Erin Myers

★★★★☆ 4.6 out of 5

Language : English

File size : 27741 KB

Screen Reader: Supported

Print length : 175 pages

Lending : Enabled

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A Comprehensive Guide for Instructors and Clients

Scoliosis is a condition that affects the spine, causing it to curve to the side. It can range from mild to severe, and can cause a variety of symptoms, including back pain, muscle imbalances, and difficulty breathing. Pilates is a low-impact exercise that can be beneficial for people with scoliosis, as it can help to strengthen the muscles around the spine, improve flexibility, and reduce pain.

The Pilates Instructor Guide To Scoliosis is a comprehensive guide for Pilates instructors who want to learn how to safely and effectively work with clients who have scoliosis. The book covers the basics of scoliosis, including the different types, causes, and treatment options. It also provides detailed instructions on how to modify Pilates exercises to accommodate the specific needs of clients with scoliosis.

The Pilates Instructor Guide To Scoliosis is an essential resource for any Pilates instructor who wants to learn how to work with clients who have scoliosis. The book is well-written and easy to follow, and it provides a wealth of information on the topic. I highly recommend this book to any Pilates instructor who is interested in learning more about scoliosis and how to work with clients who have this condition.

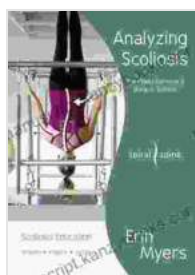
Here are some of the benefits of Pilates for people with scoliosis:

- Strengthens the muscles around the spine
- Improves flexibility
- Reduces pain
- Improves balance and coordination
- Increases energy levels

- Reduces stress

If you have scoliosis, it is important to talk to your doctor before starting a Pilates program. Your doctor can help you determine if Pilates is right for you and can provide you with specific instructions on how to modify the exercises to meet your needs.

The Pilates Instructor Guide To Scoliosis is available for Free Download on Our Book Library.com.



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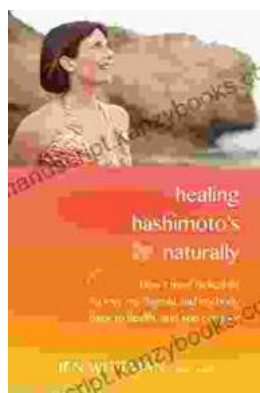
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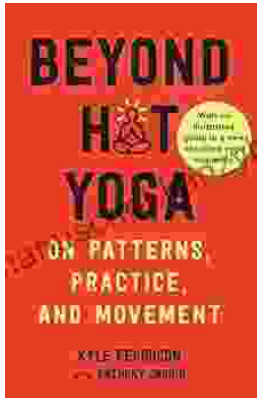
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