

Scoliosis Yoga Therapy Principles & Practices

Assessment Questions

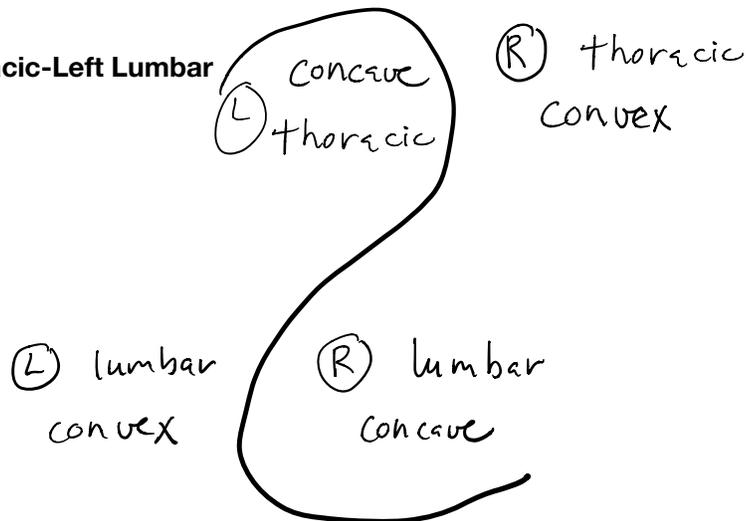
1. Find out which side is tight, short, collapsed & concave - Left or Right? Left is more common.
2. Is the concave ("cave") side in just thoracic spine or also lumbar? C or S Curve?
3. Is there a hump on the convex side? Does it stick out? Are the ribs spread? Does it also rotated the spine in the same direction as the convexity? i.e. Right convex side = rotates to the right; Left convex side = rotates to the left. How does that affect ROM (Range of Motion)?
4. Where do you experience pain or discomfort? Which side? Both for S curve? Or?

Principles & Practices

1. Lateral bends to stretch concave side(s) - see Pārśva Poses - Use poses appropriately for thoracic or lumbar spine - Poses with arms work more stretching upper back and those with legs work more on the lower back
2. Rotated twists to de-rotate - See Parivrtti Poses. Note: It may actually harder to rotated towards your rotated side b/c spread ribs on convex side block the range of motion any further - this calls into question what side to work on in Yoga Therapy. Work on side with less ROM? Is the curve in upper or lower back? Upper body twists vs. lower body twists - other 1/2 of body is stable when twisting the other 1/2
3. Lots of asymmetrical poses for lengthening & strengthening, concave & convex sides alternately
4. Strengthen the convex side of the thoracic spine with arm balances - side plank on the convex side OR with asymmetrical poses that use arms
5. Strengthen the convex side of the lumbar spine with 1/2 śalabhāsana (locust) or cakravakāsana with leg movements; leg balances also work asymmetrically
6. Strengthen the core = whole back, pelvic floor and abs & neck stabilizers
7. When lying on back, prop up concave side(s) with blanket/face clothes - Iyengar Yoga
8. When lying on front, prop up up concave with blanket/face clothes - Iyengar Yoga

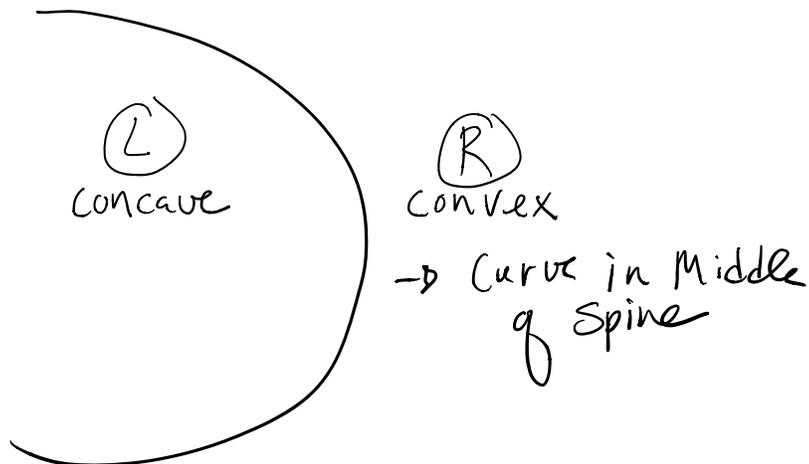
S Curve=

Right Thoracic-Left Lumbar

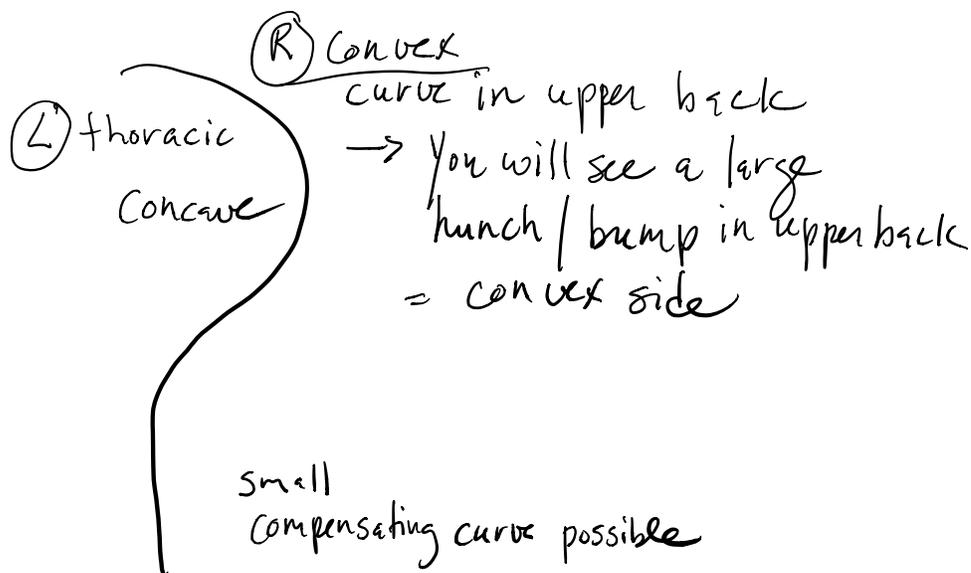


*Note: Reverse S is possible ~ S is front view of a person

**C Curve =
Right Thoraco-Lumbar**

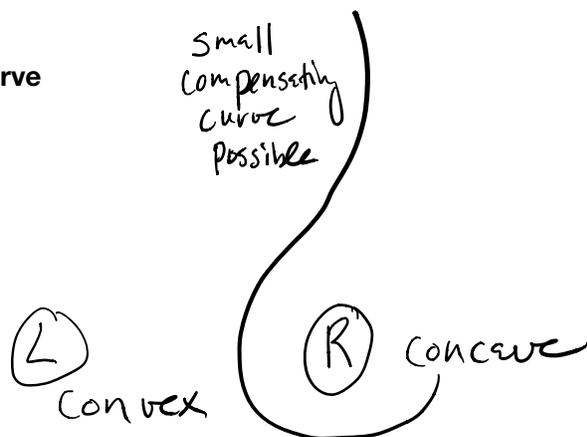


**OR
Right Thoracic**



*Note: Reverse C is also possible

Left Lumbar Curve



Note: Reverse is possible

Application: Practices

All Pārśva/Asymmetric Poses including Side Planks for Convex side

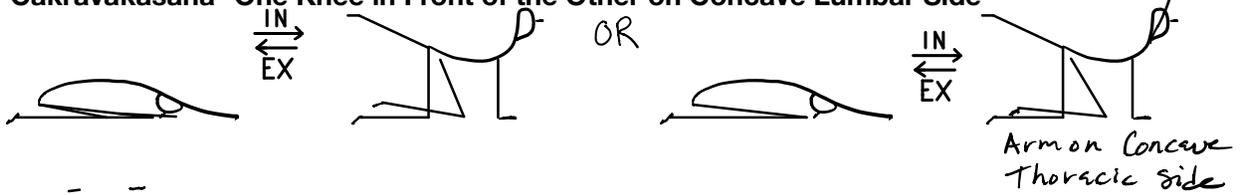
All Parivṛtti Poses

Purvātana Poses - Back Strengtheners & Hip/ Hip Flexor Openers

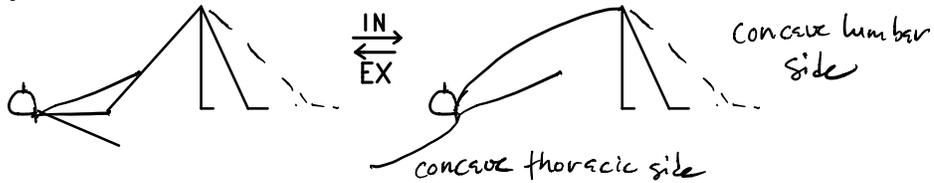
Pascimātana Poses - Core Strengtheners & Lower Back Stretches

Special Desikachar Asymmetric Poses

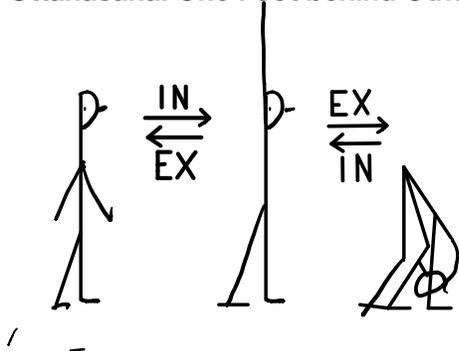
Cakravakasana- One Knee in Front of the Other on Concave Lumbar Side



Dvipadapitham: One Foot in Front of Other on Concave Lumbar side



Uttanasana: One Foot behind Other on Concave Lumbar side



Svanasana: Maggie Modifications

