

## ScoliSMART Clinics Shares Vital Information on Scoliosis

Written by Australian Business

---



( [PRLEAP.COM](http://PRLEAP.COM) ) ScoliSMART Clinics™, USA - ScoliSMART clinics™ are a focused group of doctors who have dedicated their careers to finding a better way to successfully treat scoliosis. Each of the 4 ScoliSMART Clinics™ (located in Pennsylvania, Wisconsin, Michigan, and New York City) are dedicated scoliosis treatment centers whose primary focus is treating scoliosis with exercise based treatment methods. They offer a variety of techniques, diagnostics, and management strategies to best serve the patient's needs and strive to make it easy for patients to succeed at avoiding invasive scoliosis procedures by minimizing the risk of progression and ultimately providing an effective program to alter the natural course of scoliosis, long-term.

The core of the ScoliSMART™ philosophy is rooted in four principles:

Scoliosis treatment is tailored to the individual. The alignment of your spine is controlled by your brain. In order to permanently alter the alignment of your spine we must engage the areas of your brain that control spinal alignment. The most effective way to engage the alignment areas of your brain is to Un-Lock the Spine (i.e., increase flexibility) and Re-Train muscle memory using ScoliSMART™ exercises.

Scoliosis occurs in approximately 4.5 percent of the general population. Scoliosis occurs when the spine of the back forms a C or an S shaped curve. The incidence is greater in females than males. Scoliosis patients have symptoms such as back pain, hip pain, leg pain, and muscle spasms and in severe cases digestive symptoms, trouble breathing, and significant disability. About 80 percent of all scoliosis cases are idiopathic (unknown cause).

A few symptoms that could indicate a person might have scoliosis are:

Uneven shoulders If you wear a shirt or blouse with horizontal stripes and the stripes seem to be going diagonal (this effect caused by body distortion from a curved spine) Rib cage sticks out on one side Scoliosis is often first diagnosed during the teen years at a back to school physical or sports physical. For many years, scoliosis treatment consisted of watching and waiting, rigid back bracing for 23 hours a day for many years, or spinal surgery, depending on the degree of spinal curve. Recently, innovative, new [scoliosis exercise](#) based treatment programs like the Small Curve Camp™ for [mild scoliosis](#), Scoliosis BootCamp™, and ScoliPAIN™ for adults now provide an alternative to scoliosis patients.

The treatment consists of long lever arm weighting, vibrational therapies, the scoliosis activity suit™, and personalized home rehabilitation program. Dr. Stitzel, Director of the Lancaster Spinal Health Center located in Lititz Pennsylvania, explains, "Our scoliosis exercise based treatment program is based on a unique system of active spine rehabilitation, which is based on restoring normal function and structure. It can benefit the adolescent and adult scoliosis

## ScoliSMART Clinics Shares Vital Information on Scoliosis

Written by Australian Business

---

patients in a variety of ways including curve reduction/stabilization, pain reduction, and overall quality of life improvement."

These exercises for scoliosis are an alternative scoliosis treatment for patients considering spinal fusion surgeries and back braces. Dr. Brian Dovorany (ScoliSMART Clinic™ provider located in Green Bay, Wisconsin) reports that although the scoliosis protocol is new, it has outperformed spinal surgeries and back bracing in many cases. Almost any age can benefit from the new scoliosis treatment, however advanced spinal arthritis and disc degeneration might limit the effectiveness. Results can be impressive. "Improvements in the curved spine are great, but it's the cosmetic improvements the kids really care about." said Dr. Dovorany.

For more information on scoliosis treatment, please visit this website. <http://www.TreatingScoliosis.com> or [www.ScoliosisActivitySuit.com](http://www.ScoliosisActivitySuit.com)