

# SCOLIOSIS



Sideways  
curvature  
of the spine

**SCOLIOSIS** is very common—there are over 3 million cases reported each year.

*While it cannot be cured, treatment may help.*

- Some children develop spine deformities that get more severe as they grow.
- Severe scoliosis can be painful and disabling.
- Stretching therapies can improve flexibility and improve physical function.

## ***PILATES REHABILITATION***

*is an excellent way to address your skeletomuscular needs.*

*Contact us today for a FREE consultation*



**VERDUROUS ME**

a vigorous metabolism yields a healthy mind and body