

Diane Ryan, P.T.

Scoliosis Home Equipment List:

1 set of wall bars or chin-up bar

1 Fabric Waist belt

1 Mulligan Traction strap

5 rice rectangular pads and 5 wedges

2 wood 7' tall poles (telescopic window cleaner poles)

1 exercise mat

1 6 or 8 inch stool (can substitute yoga blocks, books, etc as long as you have the height you need)

1 physioball (55cm, 65cm, or 75cm) PT will tell you which one

1 portable mirror

theraloop door anchor (if not getting wall bars)

www.infitnessequipment.com carries wall bars, stools, poles, traction belts and rice pads

www.happysew.com Daisy Li 917-887-6612. email daisyli@happysew.com

Sews Schroth accessories such as wedges, pads, pelvic belts

Amazon.com sells mulligan traction strap, theraloop door anchor, physioballs, chin up bars (if not getting wall bars - patients have recommended Sunny Health & Fitness Doorway chin up bar and Big Mike's Fitness bar), serious steel fitness bands