

# Monmouth Schroth Scoliosis Physical Therapy

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## Scoliosis Home Equipment List:

1 set of wall bars or chin-up bar

1 Waist belt, traction belt, door anchor, 2 rectangular pads and 2 wedges – available in the office

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

1 exercise mat

1 6 inch stool

1 physioball

1 portable mirror

Amazon carries chin up bars

Beyond-balance.net carries wall bars