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Scoliosis Home Exercises — Basics

6 basic exercises for any curve pattern

SC-Basic

These exercises support spinal stability, flexibility, and posture control, whichever way your curve bends. If your provider has confirmed your curve type, you may also receive a separate link with exercises for your curve.

Precautions

- Stop right away if your pain increases.
- Avoid forcing a movement or bouncing.
- If you have numbness or weakness in your arms or legs, or pain that gets worse at night, stop exercising and contact us.

How often

- 3–5 days a week, 15–20 minutes per session.
- Move slowly, only within a pain-free range.
- Breathe comfortably throughout.



1 Spinal Elongation

1. Lengthen your spine upward, as if you were growing taller.
2. Keep your ribs down and don't arch your lower back.

Hold 10 sec · 3 reps



2 360° Breathing (Rib Breathing)

1. Breathe in through your nose and let your ribs expand evenly to the front, sides, and back.
2. Breathe out slowly through your mouth and let your body relax.

5–10 breaths



3 Dead Bug

1. Keep your lower back steady on the floor and slowly extend the opposite arm and leg.
2. Keep your abdominal muscles engaged and return slowly.

10 each side · 2 sets



4 Bird-Dog

1. Tighten your abdominal and buttock muscles so your back doesn't sag or wobble.
2. Extend the opposite arm and leg, hold briefly, and return slowly.

10 each side · 2 sets



5 Glute Bridge

1. With knees bent, squeeze your buttocks and lift your hips.
2. Don't over-arch your lower back.

10 reps · 2 sets



6 Hip Flexor & Thigh Stretch

1. Kneel on one knee and gently shift your hips forward.
2. Feel the stretch in the front of the hip and thigh on the kneeling side.
3. Squeeze your buttock and don't arch your lower back.

20–30 sec each side · 2 reps

Get medical care right away if you notice:

- New numbness, tingling, or weakness in an arm or leg
- New trouble controlling your bladder or bowels
- Back pain that is severe at night, or comes with fever or unexplained weight loss
- Your curve or body shape (shoulders, ribs, waist) seems to be changing quickly
- Chest pain or trouble breathing (call 911 if severe)

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: SOSORT Guidelines (2016); Cochrane Review – Therapeutic exercises for idiopathic scoliosis (2024); Alanazi et al., Eur J Phys Rehabil Med 2018; AAOS OrthoInfo – Spine Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.