

## Andromeda Stevens Chiropractic, Inc.

Schroth Level II Best Practice® Certified

NCPT Certified Pilates Instructor®

16430 Ventura Blvd Suite 108, Encino CA 91436

Cell 818-970-1222 • Fax 310-220-6580

Lic. #D.C. 24896 / NPI # 1225362569 / Tax ID 95-4630691

[www.ScoliosisCoach.com](http://www.ScoliosisCoach.com) EMAIL: [ScoliosisCoach@gmail.com](mailto:ScoliosisCoach@gmail.com)

[www.WellnessCenterofEncino.com](http://www.WellnessCenterofEncino.com) EMAIL: [WellnessCenterofEncino@gmail.com](mailto:WellnessCenterofEncino@gmail.com)



### SHOP:

<http://www.scoliosiscoach.com/shop.html>

#### Items we typically use:

- 2 sticks (mops, brooms or dowels from hardware store – even expandable shower rods will work) 1” diameter
- Yoga Mat as needed
- Step stool (low)
- Small pillows various sizes: Long body pillow, dog bone pillows, small round or ½ round pillows
- Bean Bags, Folded Wash Cloths, Wedge Pillows or Bags of Rice
- Standard Ikea type sitting stool with 4 legs or a folding chair
- 1-2 Thera bands 5-6 ft. long (one with handles if possible and one without)
- Large foam roller 6” X 36” / Small foam roller if advised for the neck 12” X 3” (child) 12” X 4” (adult)
- Bar to Hang, Monkey Bars / Chin Up Bar / Stall bar – to be installed on the wall
- Physio Ball / Theraball to match your height (seated legs at 90°) (55 cm child / 65cm to 75cm adult)
- Non digital Blood Pressure Cuff
- Mirror – One wall mirror and one moveable (tilting) mirror so you can see your form front and back
- Pictures or drawings of your X-ray to observe while you exercise – make sure its R and L are marked on the correct sides – some X-rays are backwards! These pictures will help you visualize what corrections you are trying to make. The wedging guide I gave you should help!
- **Water!** One of the structures that we are working to rehabilitate is the disc of the spine. The center of the disc is composed primarily of water. Drink ½ your body weight in ounces. So for someone at 100 lbs., needs to drink about 50 ounces of water per day, which is roughly equivalent to 4, of the 12-ounce water bottles a day – do your best!

## **PILLOWS**

- 1/2 Round Pillow: <https://amzn.to/3ioeGrd> • Full Round Pillow: <https://amzn.to/3wq7fbn>

## **WEDGES** <https://amzn.to/36xUEI6>

## **FOAM ROLLERS**

Neck Roll:

- 4" <https://amzn.to/3ufUnSC> • 3" <https://amzn.to/3N8LH96>

Body Rolls:

- Long/Full Round Medium Density Foam Roller: [AMAZON LINK](#)
- Long/Full Round Soft Foam Roller: [LINK](#)
- Long 1/2 Rollers Medium Density <https://amzn.to/3Ng02zH>
- Short 1/2 Roller Medium Density <https://amzn.to/3wj6cdj>

## **BALANCE**

- WOBBLE BOARD / BALANCE [wobble board link](#)
- BALANCE PAD (there are substitutes, make sure they aren't slippery) <https://amzn.to/3t0JmF1>

## **THERABALL**

- 55 CM small ball <https://amzn.to/34ZZTjC> • 65CM medium ball <https://amzn.to/3tqcfeh> • 68-75CM large ball <https://amzn.to/3wnvGX2>

## **THERABANDS**

- LONG BANDS various densities <https://amzn.to/3wqWpS2>
- LONG ELASTIC LOOP BAND <https://amzn.to/3L0t8SL>

**HANDLES** (neoprene) Less expensive and wipeable: <https://amzn.to/3LkJK7g>

**NON SLIP HAND PADDING** – kitchen dept. of any home store or <https://amzn.to/3witG1K>

**DEEP TISSUE MASSAGE GUN** <https://amzn.to/3Pv5WyP>

## **STRAPS**

- YOGA STRAP / LOOPS [Strap Link](#)
- YOGA STRAP NO LOOPS <https://amzn.to/3a2Tx4Z>
- YOGA BELT <https://amzn.to/36i8Sxc>

## **INVERSION / TRACTION**

If you have an inversion machine to hang and traction, please follow instructions in this document downloadable [HERE](#)

To purchase one, follow this link [HERE](#)

Low Back Traction Therapy (without inversion): Follow this link [HERE](#)

## **BRACING**

See my website for the latest information on bracing, research, and more:

<http://www.scoliosiscoach.com>