



Suggested Equipment List For Schroth Therapy

Scoliosis Ladder:

<http://infitnessequipment.com/product/wall-bar-for-scoliosis-7-6-high-pine-224/>

(If not using a ladder, you can use the chin up/pull up bar instead):

http://www.amazon.com/Big-Mikes-Fitness-Doorway-Pull-Up/dp/B00B1XJFEW/ref=sr_1_1?ie=UTF8&qid=1427336891&sr=8-1&keywords=big+mike%27s+fitness

Pelvic Lateral Brace: (this is a block that attaches onto the ladder to help keep pelvis centered; useful if you have a 3C, 4C or Single Thoraco-Lumbar Curve Type only)

<http://infitnessequipment.com/product/pelvic-lateral-brace-105/>

Rice Bags: (these are needed under the prominences and other areas) Get a few wedge shaped ones, and a few rectangular ones.

<http://infitnessequipment.com/product/medium-wedge-rice-bag-124/>

Strap: (for stretching, as well as traction along the ladder for supine, sidelying, & prone ex)

http://smile.amazon.com/OPTP-Stretch-Strap-Exercise-Booklet/dp/B00065X222/ref=sr_1_1?ie=UTF8&qid=1427335653&sr=8-1&keywords=optp+strap

Hip Belt/Gait Belt: (to attach the strap for traction at lumbo-sacral spine for supine, sidelying and prone exercises) Note: you can also order hip belt from infitnessequipment, accessories.

http://smile.amazon.com/Prestige-Medical-Cotton-Metal-Buckle/dp/B0010ET252/ref=sr_1_16?ie=UTF8&qid=1427336073&sr=8-16&keywords=gait+belt

Seated Foam Support: (good for a number of purposes)

http://smile.amazon.com/Thera-Band-Soft-Stability-Trainer-Blue/dp/B006M94Q3A/ref=sr_1_2?ie=UTF8&qid=1427335785&sr=8-2&keywords=theraband+foam+pad

Stability Ball/PhysioBall:

<http://www.achievement-products.com/Product/ProductDetail.aspx?product=992&keyword=gymnastik%20ball&scategoryid=0&CategorySearch=&Brand=&Price=>
(note: above link is for green ball, 65 cm/24in. Height >5'4" order red one, 75 cm/29 in)

At Home Depot/Lowes: **2 solid wood, 8 foot long poles** (curtain rod style)

At Target, Amazon, etc: **1/4" Yoga Mat** for lying down exercises.

*If you have a 3C curve, get a second mat for sidelying exercise.