

SCOLIO-PILATES® True/False QUIZ

Test your knowledge of scoliosis and Scolio-Pilates!

1. Approximately, 2-3% of the population, or 6-9 million people in the United States have scoliosis. **T/F**
2. The only contraindication for scoliosis, in terms of exercise, is twisting. **T/F**
3. Females are 8 times more likely than males, to have a curvature that progresses to the point of needing treatment. **T/F**
4. I can do my Scolio-Pilates exercises a little at a time throughout the day (using my social cues as reminders) and the exercises will still have a great effect **T/F**
5. Every year, scoliosis patients make more than 600,000 visits to private physician offices, an estimated 30,000 children are fitted with a brace and 38,000 patients undergo spinal fusion surgery. **T/F**
6. Social cues are things that I do everyday anyway. They act as reminders to do my Scolio-Pilates homework. They might be standing in line or sitting at my desk. **T/F**
7. Only children with scoliosis can be helped with exercise. **T/F**
8. There is growing Level I evidence (double-blind, randomized controlled trials) that shows the effectiveness of three-dimensional scoliosis specific exercise like Scolio-Pilates. **T/F**
9. Some signs that you should be checked for scoliosis include shoulders are uneven, one or both shoulder blades protrude, the head is not centered over the hips and one or both hips are raised higher than normal. **T/F**
10. Elongation and de-rotation are new in terms and new ways of managing scoliosis. **T/F**
11. Scolio-Pilates is guaranteed to reduce the degree of my curve. **T/F**
12. Scoliosis is just a side-bend of the spine, so the best exercise is to side-bend in the other direction. **T/F**
13. Scoliosis, for some but not all people with scoliosis, is congenital, or it is something you are born with. **T/F**
14. Functional scoliosis is managed, and gets the same exercises as structural scoliosis. **T/F**
15. The first correction for scoliosis is always de-rotation. **T/F**
16. The lungs and heart are not affected by scoliosis, so I don't have to worry about focusing on breathing. I'll just breathe like I always do while exercising. **T/F**

SCOLIO-PILATES® True/False QUIZ continued

17. Scolio-Pilates was created to be the only thing you'll ever need to do for your scoliosis management. T/F
18. Exercises like ballet, gymnastics and baseball can cause scoliosis. T/F
19. Scolio-Pilates is something that must be done with a Scolio-Pilates practitioner. Even after seeing a practitioner, you should never do the exercises on your own. T/F
20. Scoliosis can make one leg appear longer than the other, including having to shorten the hem on one side of your pants. T/F
21. Neuromuscular scoliosis describes scoliosis that is secondary or caused by a neurological or muscular disorder. These disorders might include cerebral palsy, spinal cord trauma, muscular dystrophy, spinal muscular atrophy and spina bifida. T/F
22. Scolio-Pilates stands on the shoulders of giants, including the work of Joseph Pilates, Katharina Schroth, Dinah Bradley, Leon Chaitow, Stuart McGill and more. T/F
23. With scoliosis, I should only do my Scolio-Pilates exercises. All other exercise forms could make my scoliosis worse. T/F
24. Since I have scoliosis, I can expect some kind of pain the rest of my life. T/F
25. Many famous professional athletes, including Olympic athletes have scoliosis. T/F

