SCOLIO-HEROES!

See What you can do too… With Scoliosis!

By Scolio-Pilates

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be an…

Olympic Gold Medal Athlete

Usain Bolt

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Model

Ayesha Jones (surgically corrected)

SCOLIO-HEROES
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With scoliosis, you can be a…

Vampire Slayer

Actress from Buffy the Vampire Slayer:
Sarah Michelle Gellar

SCOLIO-HEROES
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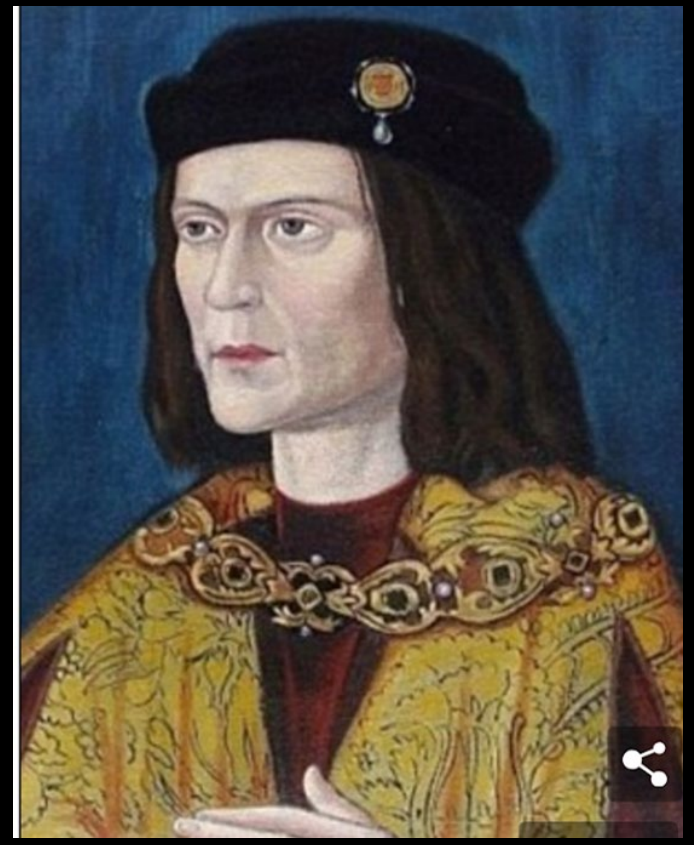
With scoliosis, you can be a…

King



King of England
Richard III
1452-1485

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Musician

Nirvana front man:
Kurt Cobain

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Musician

Cellist:
Yo-yo Ma (surgically corrected)

SCOLIO-HEROES
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With scoliosis, you can be a…

Military General

General Douglas MacArthur

SCOLIO-HEROES
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With scoliosis, you can be a…

Athlete

James Blake

SCOLIO-Fun Fact #5

Girls and Boys have scoliosis equally

Except…

Girls are more likely to progress and need treatment

SCOLIO-HEROES
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With scoliosis, you can be a…

Athlete

Janet Evans

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Athlete/Swimmer

Maritza Correia

SCOLIO-HEROES
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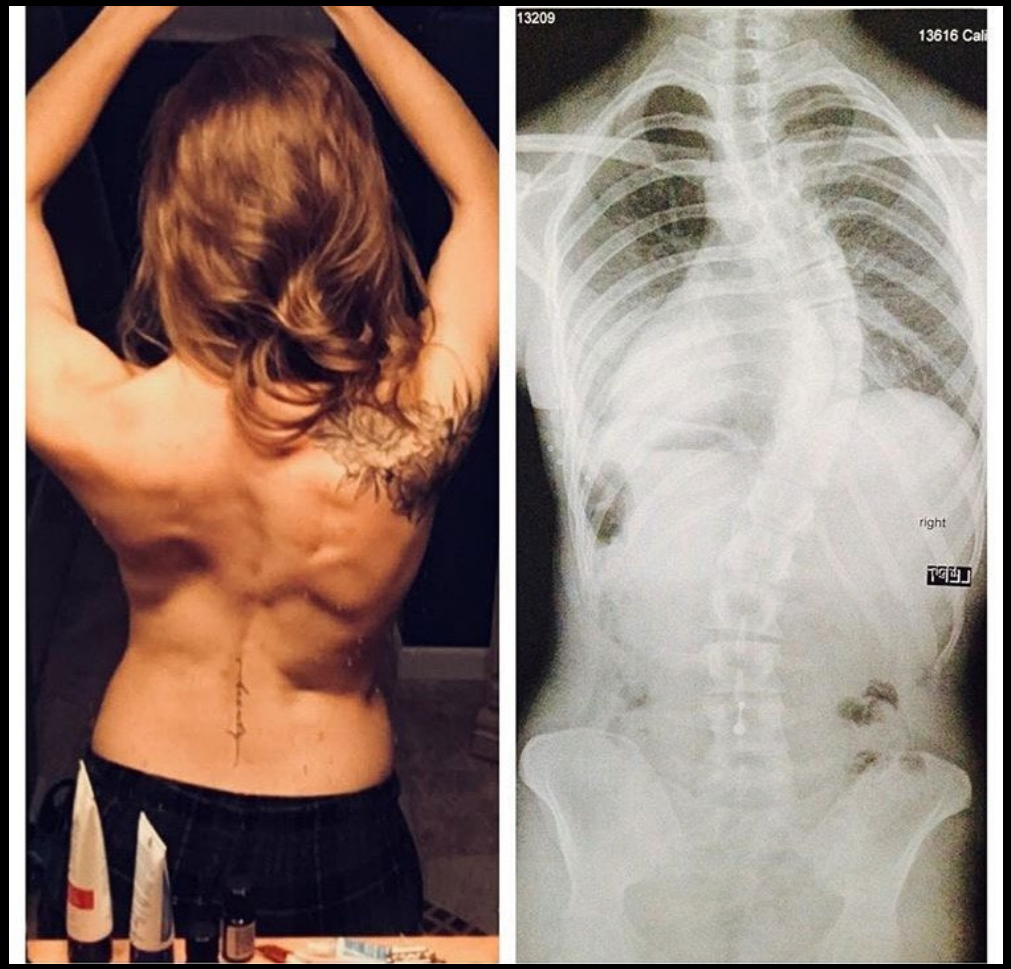
With scoliosis, you can be a…

Body Builder

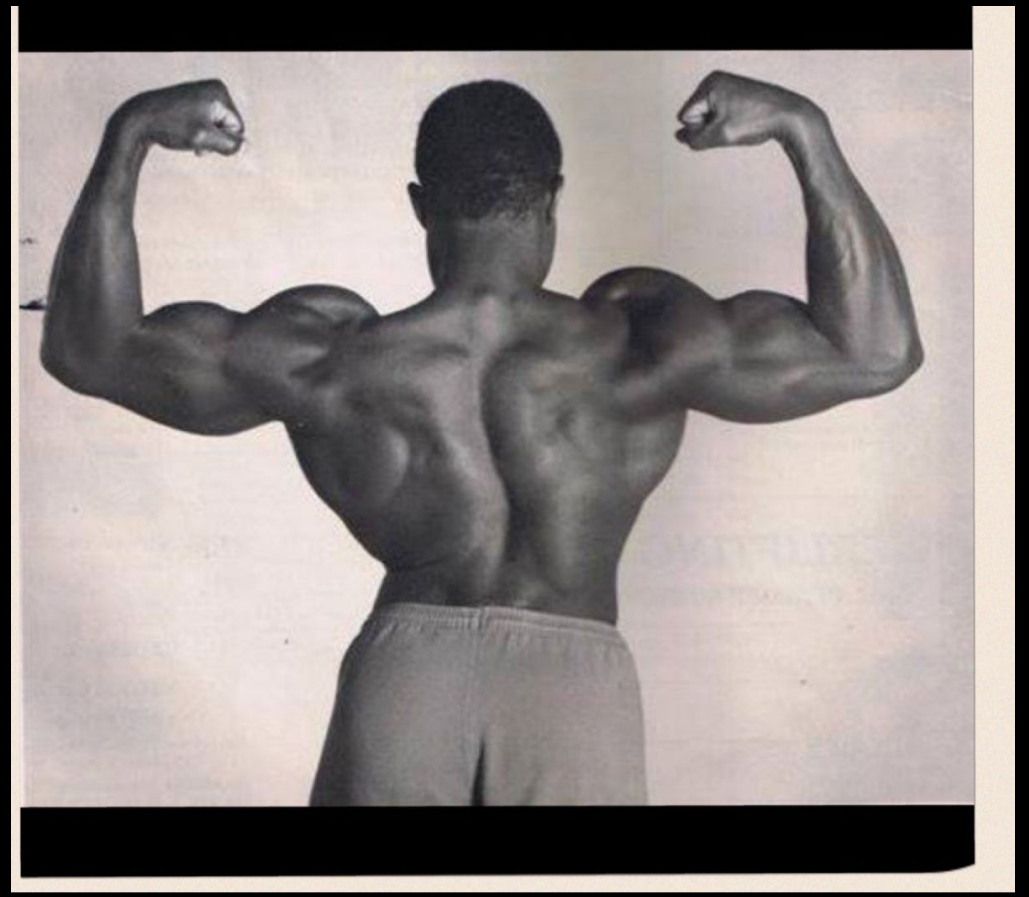
Kait Hoss



SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Body Builder



Lamar Gant
World-Record Power Lifter 1974

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

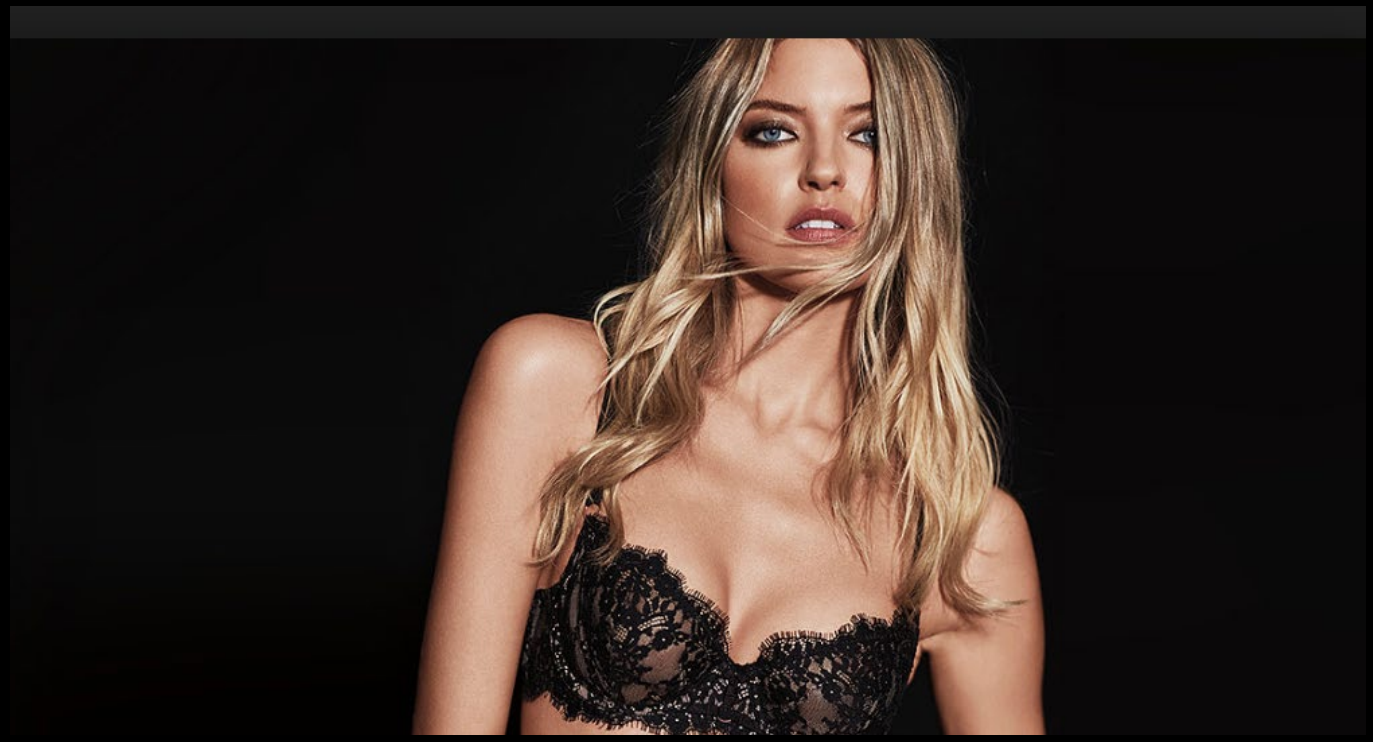
Actress

Ashley Argota

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Model



Martha Hunt (surgically corrected)

Instagram account/she will respond to messages

SCOLIO-HEROES
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With scoliosis, you can be a…

Prize Fighter

Matthew Sobek

SCOLIO-HEROES
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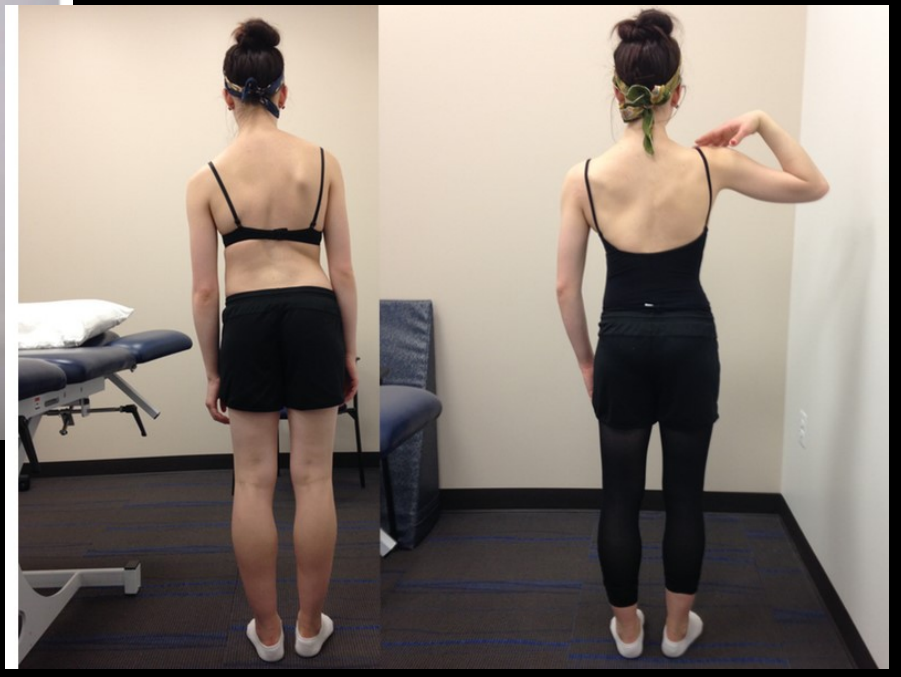
With scoliosis, you can be a…

Dancer

Bethany Headland



Scolio-Fun Fact #9

We can improve our alignment with the right exercises and working hard to gain strength.

Improving alignment doesn't always equal improving degree of curve.

SCOLIO-HEROES
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With scoliosis, you can be a…

12th Grader

Maia Mislang

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Author/Radio Show Host

Karena Thek

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Pilates Instructor

Karen Zheng Wen Fang

SCOLIO-HEROES
BY SCOLIO-PILATES

With scoliosis, you can be a…

Scolio-Pilates Star