Strengthening Lumbar Curves

**Corrections**

4. twist L
3. bend R
2. twist R
1. wedge L

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Section 3: Scoliosis Curves - Draw & Understand Yours

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Step 1 - towel left

Step 2 - chair left

45°
Step 2 - twist body right

Warmup - 10 reps
Warmup

Step 3 - bend right (with water bottle)
Step 4 - twist left (with theraband)

15-20 reps

repeat 10 x