

GALLOWAY THERAPY

Scoliosis Awareness Month

Have you heard of scoliosis? It is a condition involving a lateral curvature of the spine. Since scoliosis is not curable, some people need corrective surgery using metal rods or various kinds of braces.



BUT, what most don't realize is that PHYSICAL THERAPY can correct the spine without those invasive methods! A healthy body can tell how to straighten itself out in relation to gravity. But with scoliosis, the brain doesn't respond to gravity appropriately. Thus, one's back musculature cannot maintain a good posture and the spine gets oriented into the wrong position.

What PT can do is improve the signals from the brain to the muscles, allowing the body to begin to correct itself. Some voluntary exercises that are used include the following: 1) Working on breathing mechanics/function 2) Using mirror-image to help lessen the spine's curves and 3) Incorporating anti-scoliotic postures into daily activities

While the above interventions are important, the brain and back muscles need new involuntary postural habits. In order to retrain the muscles to respond in a certain way to a specific stimulus, one can undergo Auto Response Training where small weights are placed on the head, torso, and pelvis. The brain then perceives a more correct center of gravity which allows for the spine to realign appropriately.

Want to learn more? Click on the link below!

<https://www.treatingscoliosis.com/blog/physical-therapy-for-scoliosis/>

Watermelon Popsicles



- 1 Cup Watermelon
 - 1 Cup Orange J.
 - 1 Cup Water
- Blend the ingredients.
Pour into molds.
Freeze.

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Schedule Today!

Galloway Therapy

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