

# SCOLI BRIDGE

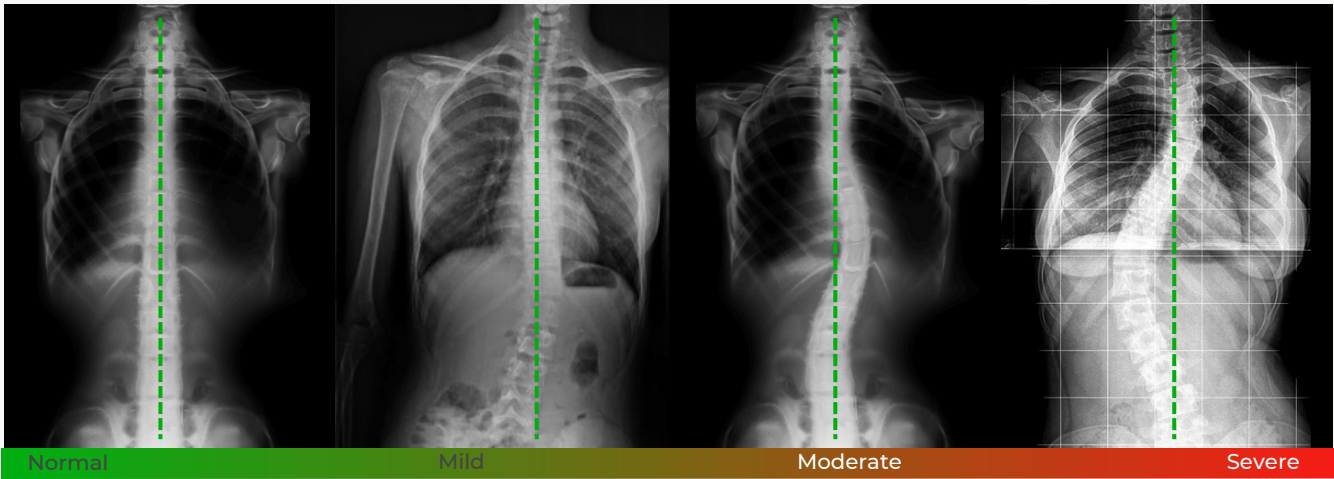
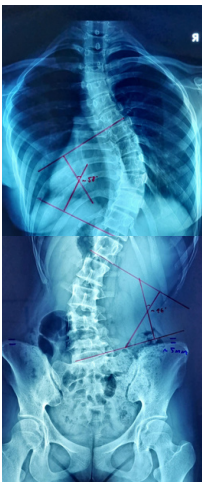


## WHAT IS *NORMAL* SPINAL ALIGNMENT?

Normal alignment from the front as viewed from an x-ray should be straight vertical line, with small to minimal deviations from the centre. Postural muscles around the spine including trunk & hips should be strong.

## WHAT IS *SCOLIOSIS*?

Scoliosis is a sideways curve of the spine with either an abnormal S-shaped or C-shaped curve. The curve can happen on either side of the spine and in different places in the spine. In most people, the cause of scoliosis is unknown (idiopathic) and anyone can get scoliosis, Idiopathic scoliosis, which is the most common type, usually occurs in children age 11 and older. Girls are more likely than boys to have this type of scoliosis. You are more likely to have scoliosis if your parent, brother, or sister has it.



Normal

Mild

Moderate

Severe



## HOW THE *SCOLIBRIDGE* HELPS

The Scolibridge aids the spine by shifting the scoliotic curve to a more neutral alignment. This is done by stretching the spine in the opposite direction to its curve. This provides improved spinal flexibility, by stretching ligaments and muscles. It can also help reduce pain, discomfort and tension within the spine.

## HOW TO USE

Depending on your scoliotic curve, the *Scolibridge* will be placed on the side of the convex angle of your lumbar spine. Your health professional will determine which area is right for you. You want to place the central groove on the side of your torso in between your lower ribs and your pelvis (see pic) at the soft fleshy area with the longer edge facing towards your ribs. Place it on a firm surface like the floor.

Lay sideways on the floor at the point described above with your shoulders and hips touching the floor. Have a pillow supporting your head and another pillow/block in between your knees to keep your pelvis neutral.

When starting, we recommend using a folded towel on top of the *Scolibridge* with both triangle attachments on and the lower base taken off (Light stretch). Once the spine gets more flexible you can take the towel out and use/keep the bottom base (Medium) or take out the triangular attachments and add the lower base (deep stretch).



## HOW LONG DO & OFTEN DO I USE IT?

Your health professional will determine your recommended time and frequency for best results. For the patient user record go to <https://vigourone.com/bridge-user-record-2/>

We recommend you start with 3 mins then add a minute each day until you reach 15-20mins. If you can't reach the goal time, gradually increase the time at your own pace until you reach 15-20mins. You should be using it everyday for 4-6 months while you have tension and pain depending on your scoliotic curve. After that maintenance would be 2-4 times per week, depending on your lifestyle.

## WHAT CAN I EXPECT & POSSIBLE SIDE EFFECTS

You should feel a stretch within the lower back and the structures around it. There may be some discomfort while stretching (like any stretch), but there should be NO pain.

You may get pain in the lower back in longer times, it means your body is not ready for this length of time so slowly get off. If you start getting pain within the first 30secs add a thicker towel on top of the *Scolibridge*. If pain still persists, consult your Health Professional.

## WHAT TO DO / NOT DO

**DO NOT USE FOR AN ACUTE INJURY.** When getting off, slowly roll forward using your arm and knees to support yourself and slowly get up. **DO NOT** roll backwards to get off.