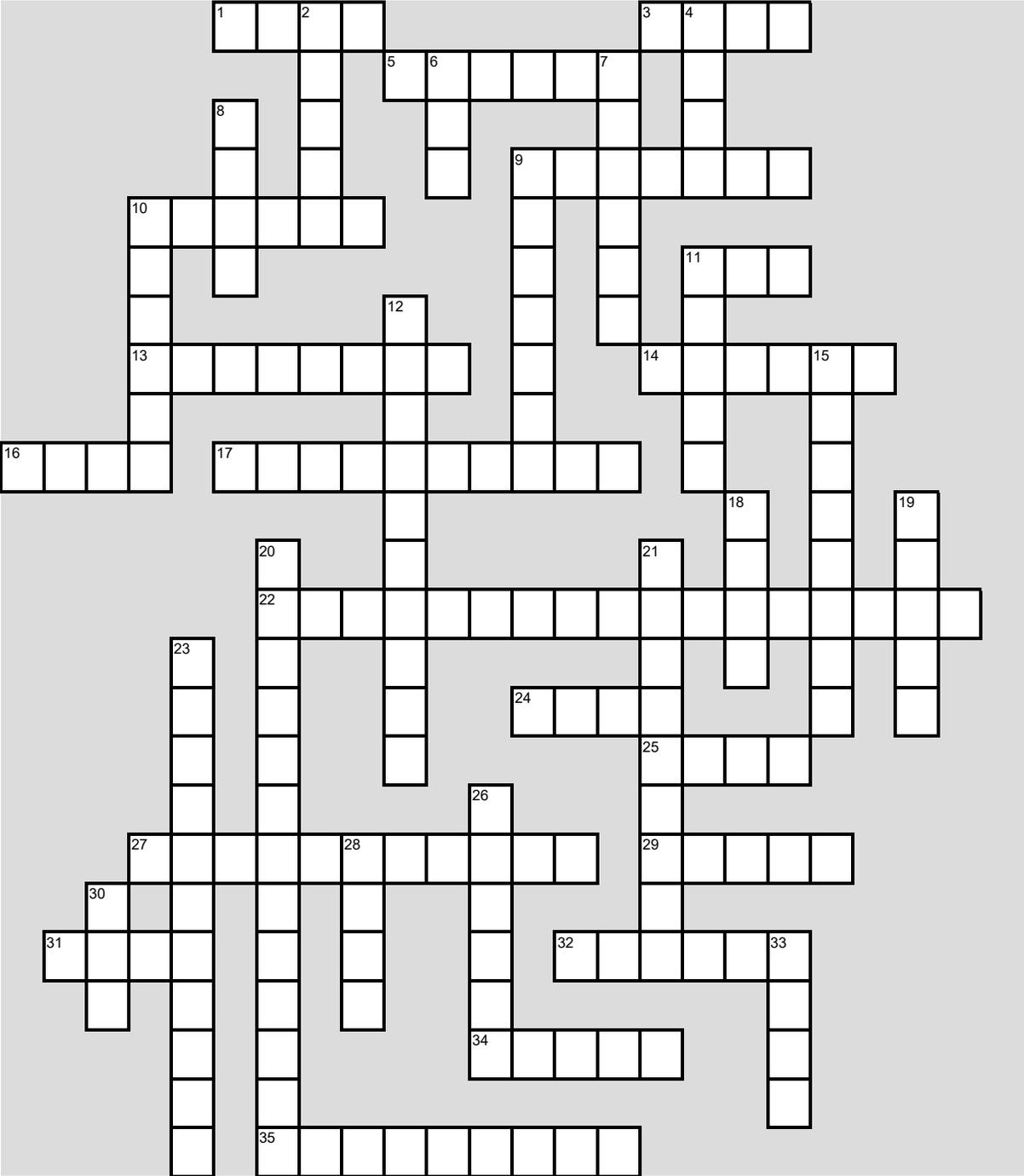


# Scolio-Pilates® Criss-Cross



## Across

- 1 If I keep up my Scolio-Pilates homework, I can Really \_\_\_\_ with Scoliosis!
- 3 Creator/author of Scolio-Pilates
- 5 Breathe in
- 9 To give assistance to
- 10 Complete the exercise name: Curious \_\_\_\_\_
- 11 The expression or application of human creative skill and imagination,
- 13 According to the introductory pages of this notebook, "Stand up Straight" means this
- 14 Having a relatively greater height
- 16 An simple form of measure to assess vital capacity
- 17 Relating to a condition whose cause is unknown
- 22 While fine while doing your activities of daily living, these are the things you shouldn't do while exercising when you have scoliosis: side-bending, twisting, back bends.
- 24 To assist someone
- 25 To desire with anticipation
- 27 In the 5th century BC, this physician wrote about a bench and a ladder used for scoliosis patients
- 29 In the 18th century, this physician gave birth to the term "orthopedics", which means "straight child"

## Down

- 31 To assist towards neutral with a scolio-wedge
- 32 Be dedicated to
- 34 This physician recommended loud singing for scoliosis in the 2nd century AD
- 35 Make unlikely to give way
- 2 The type capacity that describes the greatest volume of air to be expelled by the lungs
- 4 A person who is admired or idealized for courage
- 6 The acronym for the National Scoliosis Foundation
- 7 To open up, or increase the volume
- 8 Muscles at the body's midsection that act as stabilizers
- 9 Developed a 3-dimensional exercise technique in Germany for helping those with scoliosis
- 10 Flourish
- 11 A forward-bend test to assess a spine for scoliosis
- 12 One way to engage the core is to exhale...
- 15 Four ways of managing scoliosis include observation, bracing, surgery and ...
- 18 An aim or desired result
- 19 Any of the pieces of hard, whitish tissue making up the skeleton
- 20 A 3-dimensional exercise for scoliosis



# Scolio Pilates

ELONGATE. BREATHE. STRENGTHEN.

- 21** Breathing muscle that also acts as a major stabilizer of the torso
- 23** A dog that stays by your side when doing Scolio-Pilates
- 26** Having the power to move heavy weights
- 28** The angle that tells the degree of a scoliosis curve
- 30** Uses a large magnet and radio waves to create a detailed image of internal structures
- 33** Complete the exercise name: Swinging Monkey \_\_\_\_\_