



Proactive Health Outlines How Physiotherapy for Scoliosis Supports Spine Health Ahead of World Spine Day

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Proactive Health is outlining how physiotherapy for scoliosis can support spine health ahead of World Spine Day on October 16, 2026. The scoliosis guidance adds to the clinic's educational resources, which also explain the benefits of pelvic floor physiotherapy. The explanation aims to help Richmond, BC residents understand what physiotherapy may and may not do after a diagnosis.

World Spine Day is observed every year on October 16 and is coordinated by the World Federation of Chiropractic. The 2026 campaign theme is Spine Health for Life, which emphasizes movement, posture, and access to spine care at every stage of life. According to the Canadian Chiropractic Association, low back pain remains the leading cause of years lived with disability worldwide, which is one reason awareness days devoted to the spine continue to draw attention from health professionals and the public.

Scoliosis is a sideways curvature of the spine. In children and teens, it often appears during growth spurts,

though adults can develop it too. Doctors generally diagnose the condition when an X-ray shows a lateral curve measuring 10 degrees or more. A healthy spine curves gently from front to back, so a sideways bend changes how muscles and joints share the load placed on the body each day. Some people notice one shoulder sitting higher than the other, while others experience a backache that lingers after a long day. Not everyone with scoliosis has pain, but those who do often feel it in the lower back or between the shoulder blades.

The goal of physiotherapy for scoliosis is not to erase a structural curve. Instead, the approach focuses on improving postural control and reducing discomfort by balancing the muscles around the spine. When paired with bracing or regular monitoring, physiotherapy may also help slow progression for growing teens. Physicians decide on bracing or monitoring, and physiotherapy is generally one part of a broader plan for managing the condition.

A first visit typically starts with a discussion of symptoms and family history. The physiotherapist then checks spinal alignment and posture while the patient stands and walks. Measuring the person's range of motion can reveal which areas feel stiff or move too freely, and those findings form the foundation of a sound treatment plan.

Exercises used in physiotherapy for scoliosis are chosen to target the muscle imbalances that a curve creates, and techniques are selected based on the direction of the curve and the person's movement patterns. Some programs, such as the Schroth method, pair breathing with specific body positions to encourage more balanced posture. Core strengthening builds the endurance trunk muscles need to hold the body upright, and trainers adjust the difficulty as strength improves. Postural correction training teaches people to notice their position while sitting at a desk or standing for long periods, and repeated cues during sessions can help healthier habits become automatic. Flexibility exercises such as side-lying stretches and hip openers may address muscle tightness that limits comfortable movement. Manual therapy, including gentle joint and soft-tissue techniques, can ease tightness, while movement planning and activity coaching help patients prevent stiffness during long periods of sitting and identify activities that aggravate symptoms.

Age and stage of growth shape how we organize care. For teens who have not reached skeletal maturity, the main goal is to limit progression. Adult care at Proactive Health focuses more on daily functioning while helping patients stay active. For those who experience pain, effective management starts with identifying what drives the discomfort, since the source can differ from person to person.

Proactive Health is a multidisciplinary physiotherapy clinic in Richmond, BC, that provides physiotherapy, registered massage therapy, kinesiology, and active rehabilitation. The clinic also helps clients recover from

whiplash and other injuries, and its physiotherapists build care plans around each assessment and the patient's goals.

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Proactive Health

Welcome to Proactive Health, where we provide client-focused physiotherapy in Richmond, BC, registered massage therapy (RMT), kinesiology, and fascial stretch therapy (FST) to help you regain your strength and mobility.

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