

## Yoga and Acupuncture for Scoliosis

I've never given up trying to improve my scoliosis, despite being first diagnosed more than forty years ago. The way I see it, if your spine can bend one way it can bend back the other way with a bit of encouragement!

In this positive frame of mind I recently started doing yoga every day, with a particular focus on pelvic rebalancing. Having uneven hips is a very common symptom of scoliosis, and there are heaps of videos you can find online. I strongly recommend this one:

<https://www.youtube.com/watch?v=o2ZGmKtmekg>

So far, I feel it's making a huge difference to my posture. My shoulder humps even seem to be lessening because so many yoga exercises inevitably involve derotating the rib cage.

I have been meaning to try yoga for years, but the thing that jolted me into action was that I was starting to get pain in my left hip. According to the internet, this is quite a common symptom of scoliosis. I was pretty sure it wasn't arthritis and I felt that something like acupuncture could make a difference. By chance, I went to see a local practitioner who also suffers from scoliosis. Even better, he'd improved his own condition through a Chinese practice called Qigong (pronounced "chee-gong").

He placed about ten needles all along my left leg from my hip to my ankle. I felt a weird kind of energy coursing through my leg, and when I got up off the table the pain had gone.

It did then come back again a few days later, but I figured out that I could reduce the pain by walking less heavily on my left foot. I am also using a theragun to try to break up knots on my left quad. I am wondering if tension in my overused quad on the left side is connected to this hip pain.

Even at my advanced age (and let's not put a number on it) I still feel there is so much you can do to improve scoliosis. I ain't giving up yet!

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