Corrective Exercise for Leg Length Discrepancies and Scoliosis

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Function First

A “true” leg length or “functional” leg length discrepancy? What are the consequences to the spine from top to bottom? Leg length discrepancies and the associated scoliosis affect more of our clients then we may realize. Learn about the many causes, consequences and interventions available through the right corrective exercise program.

I. Types of Scoliosis
   A. Structural
   B. Functional

II. Kinematics of Scoliosis
   A. Single curve
   B. Secondary compensatory curve
   C. Planes of motion

III. Functional Leg Length Discrepancies
   A. Consequences
   B. Common causes
      1. Relative hip adduction
      2. Asymmetrical knee joint angle
      3. Asymmetrical pronation and/or pes planus
   C. Role of the psoas

IV. Functional Consequences
   A. Thoracic spine rotation limitations
   B. Shoulder girdle/gleno-humeral joint stress
C. Cervical spine stress

D. Lumbar instability and stress

E. Asymmetrical weight bearing

V. Corrective Intervention for Pelvic Obliquity
II. Full Body Corrective Strategies

A. Asymmetrical frontal plane movements

B. Asymmetrical transverse plane movements

C. Lengthen through the posterior chain

Opposite Arm/Leg Gliding
A-P Cat and Dog

Lunge with Frontal Plus Transverse Reach
Downward Facing Dog