



## Pilates Corrector Spinal Corrector Yoga Rehabilitation Training For Cervical Scoliosis And Kyphosis

### Our Product Introduction

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#### Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Pilates corrector, spinal corrector, Pilates, yoga rehabilitation training for cervical scoliosis and kyphosis
- Minimum Order Quantity: 1 unit
- Price: Please contact sales personnel
- Packaging Details: Carton packaging
- Delivery Time: Please contact sales personnel
- Payment Terms: D/P, T/T
- Supply Ability: Please contact sales personnel

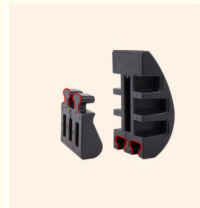


#### Product Specification

- Name: Pilates Spinal Corrector
- Material: EPP
- Specification: 97cm/37cm/26cm
- Style: Artificial Learning Multi Float Massage Style
- Highlight: 97cm Pilates Corrector, 37cm Spinal Corrector, 26cm yoga for rehabilitation training



#### More Images



#### Product Description

##### Pilates corrector, spinal corrector, Pilates, yoga rehabilitation training for cervical scoliosis and kyphosis

Pilates foam orthotic device is a common Pilates training tool, which is usually made of foam material, in an arc or semicircle shape. It is mainly used to assist Pilates practitioners in spinal correction, body balance, and core stability training. Pilates foam orthotics can be used in a variety of ways, which can be selected according to individual needs and training objectives. Here are some common usage methods:

**Spinal correction:** Place the corrector under the back and lie on top, allowing the spine to fit the corrector. Through deep breathing and body relaxation, help adjust the alignment of the spine.

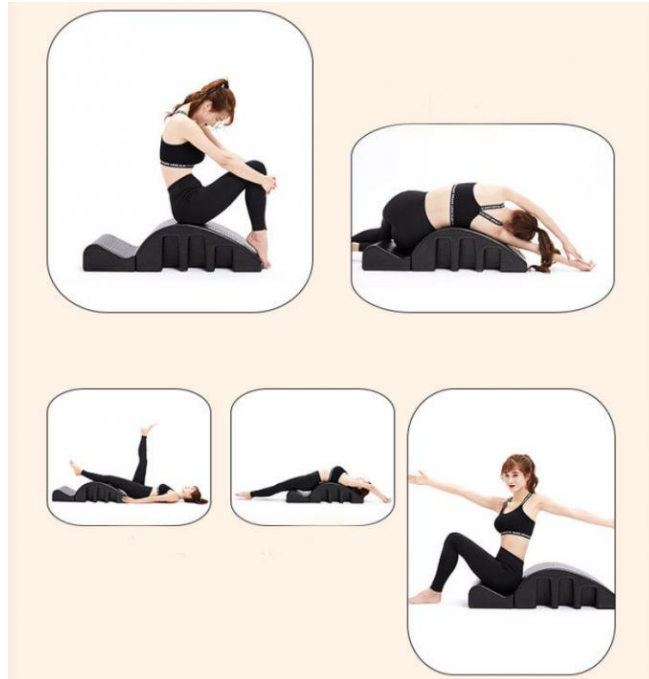
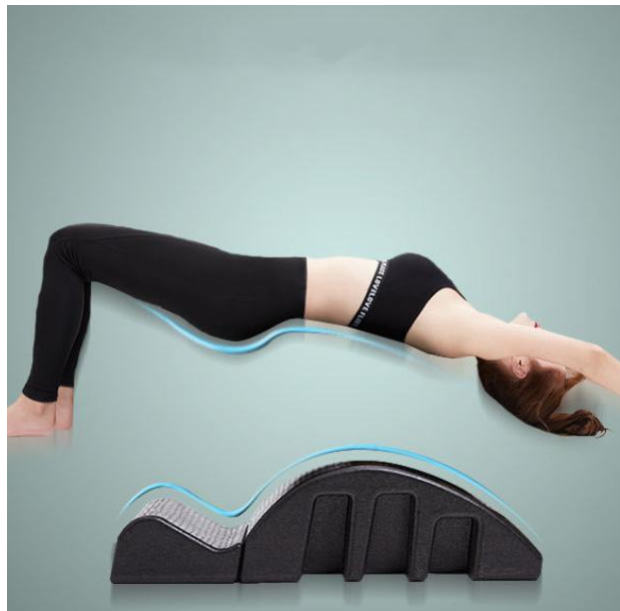
**Balance training:** Kneel on braces, place hands on both sides of the body, maintain balance, perform single leg standing, leg lifting and other movements, exercise core muscle groups and balance abilities.


**Core Stability Training:** Sitting on orthotics, feet on the ground, body slightly tilted back, maintaining balance, performing abdominal contractions, back stretches, and other movements to enhance the strength of core muscle groups.

**Stretching and Relaxing:** Place braces on areas of the body that need to be stretched, such as the waist, hips, legs, etc., to help relax muscles and increase flexibility through body weight and pressure.


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