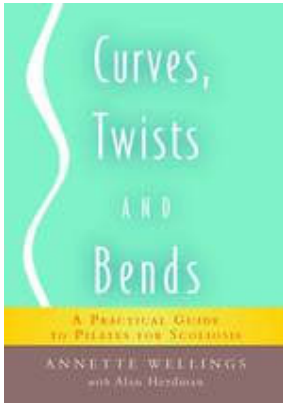


# PRESS RELEASE

Do not release before 17<sup>th</sup> September 2009

## Curves, Twists and Bends - Pilates for Scoliosis



Annette Wellings has major scoliosis, a curvature of the spine, which was diagnosed at the age of thirteen. As her body grew more hunched and painful Annette tried many avenues, ideas and strategies to cope with her condition, with little success, until she hit upon Pilates and her condition improved dramatically. Her new book, *Curves Twists and Bends* (published by Singing Dragon, 17<sup>th</sup> September 2009, ISBN: 978-1-84819-025-2, £12.99) is the result of her years of exploration into coping techniques as well as her subsequent re-training as a Pilates instructor under the tutelage of Alan Herdman, the UK's leading practitioner.

Scoliosis is a condition that affects approximately 2% of the population and is commonly associated with a curving and twisting of the spine that causes symptoms such as a protruding shoulder blade, uneven hips and even a hump. While the physical impact is obvious, the psychological can be overlooked, the result of which can be devastating. This is made obvious in Annette's description of hearing her diagnosis for the first time:

*I fled in tears, wishing that the consultant, his opinion and my twisted spine didn't exist. Life became more complicated and uneasy when I was nicknamed 'deformity' at school. In short, I felt ugly and deformed, ashamed of my body, confused and helpless about what to do.*

Annette was not helpless and this book is proof of that. Written in response to the need for a practical accessible guide, the book describes a careful progression of Pilates exercises, illustrated with line drawings, to promote flexibility, posture and muscle strength. For Annette the results speak for themselves. Although Pilates won't straighten the curvature she found that she had increased the flexibility of the spine, a reduction in back pain and a more equal alignment of her body among many other positive outcomes.

Annette also shares her tried and tested strategies for living with scoliosis that include information on diet, how to dress to conceal it and what to do to help ease pain and discomfort. This is more than a fitness book; for many it will be the start to a healthier, happier, less painful life.

### **About the Authors**

**Annette Wellings** is a Pilates instructor who suffers from major scoliosis. She began exploring different ways of keeping her body flexible and healthy whilst working as a linguist and artist. Subsequently, she retrained in rehabilitation Pilates.

**Alan Herdman** is the UK's leading practitioner of Pilates. After introducing Pilates to the UK in 1970, he went on to establish studios both here and in several other countries. He continues to adapt and develop new exercises to address the needs of every client he consults with. He currently teaches doctors, professional dancers and sportsmen and women, as well as people with a wide variety of physical disabilities.

For more information to set up an interview or request a press copy or review copy, please contact Megan Cleary on 020 7833 2307 or email [megan.cleary@singing-dragon.com](mailto:megan.cleary@singing-dragon.com)



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