

SWIMMING AND SCOLIOSIS

About ten years ago, my hubby insisted me to have an annual check-up. So I did. When the result came up, one of the important recommendations was: I need to see an orthopedics.

Why? Because it seemed that I have a scoliosis. It was not a surprise for me since I know that I had a slight scoliosis since I was in high school. The orthopedics warned me to take a really good care of my spine.

The idea of swimming is to strengthen the muscles along both sides of the spines. Considering that the spine is weak, the surrounding muscles need to be strong. Something like that.

Unfortunately I was not good in swimming at that time. I just know a bit to swim breast stroke. My movement for sure is faaaar from perfect.

Then I went to the nearest swimming pool and met a swimming trainer, Mr Z, for a personal lesson. I remember the first question Mr Z asked me on my first day of swimming training: "what kind of styles you would like to learn?" "All four", I said. "Breast stroke, free style, back stroke, and butterfly stroke". He smiled wide. Several weeks later, he revealed that he smiled because he thought I only want to learn a casual swim, maybe breast stroke only.

Believe it or not, I was the oldest student of Mr. Z. My other fellow students were about 8 or perhaps the oldest was 12. When I asked Mr Z who his oldest student was, the answer was... Your guess is right. Me! A forty year old something Mom.

Mr Z is a good instructor indeed. Within four month, he said I already complete my training. Of course with the help of books and web pages I read (you tube was not available at that time), especially related to the correct ways to swim.

Now I can swim quite well. All four styles. Not for speed though, but for exercising my muscle and my lung.

Many years later, when I came back to the swimming pool to pay a visit to Mr Z (I already moved out of town at that time), there was something that makes me really happy. I saw several not-so-young ladies practiced swimming, supervised by Mr Z. Mr Z said that after I 'graduate', not-so-young ladies (mostly mothers who used to watch their children taking swimming lesson) were willing to take a swimming lesson after seeing me trained by Mr Z.

Yes! Swimming is definitely not for kids only, ladies and gentlemen! Swimming is one of the right path to a healthier life, stronger muscle to guard your spine.