

# Scientific Exercise Approach to Scoliosis (SEAS) Workshop

By Michele Romano

16 - 18 Feb 2019, Sat - Mon

Organised by the Department of Rehabilitation (NUH)

## SEAS

The Scientific Exercise Approach to Scoliosis (SEAS) is a conservative treatment method for scoliosis patients, based on the use of specific exercises. In this SEAS Accreditation course, you will:

- Understand the background of SEAS approach and the underlying scientific principles
- Learn the clinical and postural evaluation of the scoliosis patient
- Three-dimensional self-correction, and the step-by-step approach to teach individualized self-corrections to the patient
- Learn how self-correction is performed for different types of deformities: thoracic, thoracolumbar, lumbar, double curve, hyperkyphosis; correlation with the radiographic and postural evaluation, as well as observed asymmetries
- Learn how to manage the cognitive-behavioral approach to patient and family
- Understand the role of exercise within the SEAS approach, and the criteria used to choose them for an individualized treatment plan
- Learn goals of exercises in the different treatment phases: no brace, preparation for the brace, and in brace

## Who Should Attend?

Physiotherapists working with adolescent clients with scoliosis.

## Course Programme

**16 Feb, Sat**

State of the art and perspective of SEAS approach

Assessment - Theory and hands-on practice

SEAS Active Self Correction

**17 Feb, Sun**

Choice of the individual Self Correction

Self Correction: Hands-on practice

SEAS Specific Exercises - Theory and hands-on practice

**18 Feb, Mon**

Scoliosis Manager – Internet application

Clinical practice with patients

## About the Trainer



### **Michele Romano**

Michele Romano, National Rehabilitation Director of ISICO (Italian Scientific Spine Institute) - Milan, is one of the world's leading experts in scoliosis exercise programs. He is the current President of SOSORT (Society on Scoliosis Orthopedic Rehabilitation Techniques), and one of the lead instructors of the Scoliosis World Masters Program. Michele is also a member of the Scientific Secretariat of the Italian Study Group on Scoliosis and Spinal Diseases (GSS). He has published numerous research articles on the science behind scoliosis exercises, and has taught over 40 educational courses (Approccio SEAS) all over the world since 2011.

## Workshop Details

<b>Date:</b>	16 – 18 Feb 2018, Sat - Mon
<b>Time:</b>	9.00 am to 6.00 pm
<b>Venue:</b>	NUH Medical Centre Level 14 Rehabilitation Centre National University Hospital 301 South Buona Vista Rd, Singapore 118177
<b>Course Fees (before GST):</b>	S\$ 950 (non-NUH)

## Registration

Sign up at <https://goo.gl/forms/nHj04aJ8bZXeRODD3>

Confirmation of your place at the course is upon receipt of payment.

Any cancellation or replacement must be conveyed to us in writing. A cancellation fee will be imposed should the participant withdraw after the course is confirmed, unless the participant gets a replacement and the payment can be transferred to the replacement.

- 2 weeks or more before the course commences: no charge
- Less than 2 weeks before the course commences : 50% of the course fee
- No show or 1 working day before the course commences: 100% of the course fee.

We reserve the right to cancel the course and fully refund the registration fee should unforeseen circumstances necessitate it.