

# **SEAS: Scientific Exercise Approach to Scoliosis Level 1 Course for Physical Therapists and PT Assistance**

With Michele Romano and Alessandra Negrini- the Italian National Rehabilitation Directors of ISICO (Italian Scientific Spinal Institute)

**22.5 CEU (contact hours) Provided**

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**Practical training for treating patients with scoliosis**

**DATES:**

Monday, May 20 - Wednesday, May 22, 2019

**HOSTED BY:**

SchrothNYC.com and Hunter College Physical Therapy Department.

**ADDRESS:**

425 East 25<sup>th</sup> Street – PT Department New York, NY 10010. United States



## **COURSE DESCRIPTION:**

- Understand background of SEAS (Scientific Exercise Approach to Scoliosis) approach and the underlying scientific principles.
- How to perform the clinical and postural evaluation of the scoliosis patient.
- Understand what is three-dimensional self-correction, and the step-by-step approach to teach individualized self-correction 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 on observed asymmetries.
- Learn how to manage the cognitive-behavioral approach to patient and family
- Understand the role of exercises within the SEAS approach, and the criteria used to choose them for an individualized treatment plan.
- Goals of exercises in the different treatment phases: no brace, brace, adult

## **PROGRAM**

### **MONDAY (9:00-6:00PM)**

- Review of scoliosis pathomechanics
- Bracing
- SEAS approach
- Assessment - theory and hands-on practice

### **TUESDAY (9:00-6:00PM)**

- Active Self-Correction - theory and hands-on practice
- Scoliosis manager - internet application
- Exercises - theory and hands-on practice

### **WEDNESDAY (8:30-5:00PM)**

- Active Self-Correction and exercises
- Theory and hands-on practice
- Clinical practice with patients

**PRICE (Check addressed to: Hagit Berdishevsky):**

\$850 per person early registration prior to March 1st, 2019; \$900 after March 1st, 2019.

Cancellation policy: Full return prior to March 1<sup>st</sup>, 2019; 50% return prior to April 15<sup>th</sup>, 2019; no return after April 15<sup>th</sup>, 2019

**REGISTRATION:**

**Please send your application (see below) with the above fee to:**

Hagit Berdishevsky

16 East 96<sup>th</sup> Street #1B

New York, NY 10128

Email: [hagitberdi@gmail.com](mailto:hagitberdi@gmail.com)

**SEAS LEVEL 1 COURSE APPLICATION**

**NAME:** \_\_\_\_\_

**PROFESSION:** \_\_\_\_\_

**STREET ADDRESS:** \_\_\_\_\_

**CITY, STATE, ZIP:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**FAX (opt):** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**PREVIOUS EXPERIENCE WITH TREATMENT OF SCOLIOSIS:**

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