

# SEAS 1: Scientific Exercise Approach to Scoliosis

## Level 1 SEAS: Scientific Exercise Approach to Scoliosis



with Alessandra Nigrini  
15th & 16th March 2019  
Hosted by Scolicare



### COURSE DESCRIPTION

The principles of SEAS are based on a specific form of self-correction (termed active self-correction), that is individually to each single patients, and then associated with stabilizing exercises which include neuromotor control, proprioceptive training and balance.

- ✓ 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 patients.
- ✓ Understanding what is three dimensional and postural self correction, and the step-by-step approach to teach individualised self-correction to the patient.
- ✓ Learn how self-corrections is performed for different types of deformities.
- ✓ Learn how to manage the cognitive-behavioural approach to patient and family.
- ✓ Understand the role of exercises within the SEAS approach, and the criteria used to choose them for an individualised treatment plan.



### AGENDA

#### Friday 15th March, 2019 | 9am - 6pm

- Review of Scoliosis pathomechanics
- Bracing
- SEAS approach
- Assessment - Theory & hands-on practice
- Active Self Correction

#### Saturday 16th March, 2019 | 9am - 6pm

- Scoliosis Manager - internet application
- Exercises - Theory and hands-on practice
- Advanced Active Self Correction
- Theory and hands-on practice
- Clinical practice with patients

#### Course Details:

**Date:** 15th & 16th March, 2019

**Time:** 9am - 6pm

**Location:** The Scolicare Clinic Sydney  
Suite 5.08, Level 5, 15 Kensington Street  
Kogarah, NSW, 2217

**Price:** \$1495.00 (including refreshments)

#### To register:

Click on the 'Register Now' button in your invite email or click [here](#).