

# SEAS: Scientific Exercise Approach to Scoliosis Level 1 Course for Practitioners

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

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## Practical training for treating patients with scoliosis

### DATES:

June 3rd-5th, 2022

### HOSTED BY:

Denver Physical Medicine

### ADDRESS:

1780 S Bellaire St #140, Denver, CO 80222



## **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**

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

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

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

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

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

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

## **PRICE (Check addressed to: Denver Physical Medicine)**

\$850 per person early registration prior to April 30th, 2022; \$900 after April 30th, 2022.

*Cancellation policy: Full return prior to April 30th, 2022; 50% return prior to May 15th, 2022; no return after May 15th, 2022*

**REGISTRATION:**

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

Denver Physical Medicine  
1780 S Bellaire St #140  
Denver, CO 80222  
Fax: 303-757-7676  
Email: denverphysicalmed@gmail.com

**SEAS LEVEL 1 COURSE APPLICATION**

**PRICE (Check addressed to: Denver Physical Medicine)**

\$850 per person early registration prior to April 30th, 2022; \$900 after April 30th, 2022

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

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

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

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

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

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

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

**PREVIOUS EXPERIENCE WITH TREATMENT OF SCOLIOSIS:**

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