

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)

Practical training for treating patients with scoliosis

DATES:

July 27th-29th, 2024

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

SATURDAY (9:00-6:00PM)

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

SUNDAY (9:00-6:00PM)

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

MONDAY (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)

\$1500 per person early registration prior to June 30, 2024; \$1600 after June 30, 2024.

Cancellation policy: Full return prior to June 30, 2024; 50% return prior to July 15th, 2024; no return after July 15th, 2024

REGISTRATION:

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

Denver Physical Medicine
1780 S Bellaire St #140
Denver, CO 80222
Email: denverphysicalmed@gmail.com

APPLICATION:

NAME: _____

PROFESSION: _____

STREET ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE NUMBER: _____

FAX (optional): _____

EMAIL: _____

PREVIOUS EXPERIENCE WITH TREATMENT OF SCOLIOSIS

PRICE AND PAYMENT:

\$1500 per person early registration prior to June 30, 2024; \$1600 after June 30, 2024. Payment can be made by credit or check (addressed to Denver Physical Medicine)

NAME ON CARD: _____

CREDIT CARD #: _____

EXPIRATION DATE: _____

CVC: _____