

# 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:**

September 21-23, 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](mailto:denverphysicalmed@gmail.com)

**APPLICATION:**

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

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

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

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

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

FAX (optional): \_\_\_\_\_

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

PREVIOUS EXPERIENCE WITH TREATMENT OF SCOLIOSIS  
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**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: \_\_\_\_\_