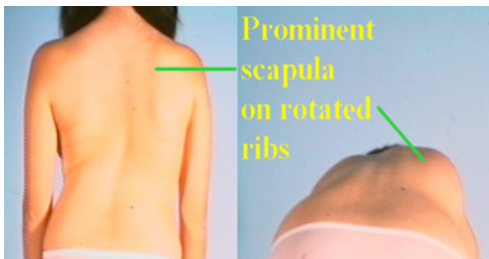




Scoliosis Workshop

Workshop for physiotherapists and exercise therapists
working with children & adults with scoliosis



Theory and Practice:

Literature review: the effects of exercise therapy on the spine and thorax.
Knowledge of bracing and the brace types (Boston, SpineCor, Triac, Chèneau Light, Rigo).

Knowledge of current surgery techniques and therapy after surgery exercising
Setting treatment goals and solving problems specific for children & adults with a scoliosis.

Lots of practical exercises from various methods and games in a small group:
postural resistance therapy, PNF, Sensory-Motor Therapy as **hands- on** methods
and specific sports with/without music as **hands- off**.

Where and when?

In company workshop in the clinic.

Time and place at your disposal.

Language: English

For more information:

info@estherderu.com

Telephone **0034-686782852**

0031-616960000

Group: minimum 18 maximum 22.

Course includes reader & certificate

Scoliosis Workshop Schedule

Lessons are divided into 2 hour sessions of approx. 30 min of theory and 90 min of practice

Lesson 1

Welcome, introduction content course

PPT I classification scoliosis (structural and age-dependant)

Theory: evaluation and treatment possibilities, advice to give, red flags, treatment goals, expectations patients. Students demonstrate what they usually do with a scoliosis patient.

Practice: We will practice the assessment and treatment goals (Infantile scoliosis, juvenile scoliosis, adolescent scoliosis & the adult scoliosis). We will practice making exercises into games and practice treating babies and young children at risk.

Lesson 2

PPT II SOSORT Guidelines

PPT III Scoliosis therapy, guidelines and other treatment possibilities worldwide

Practice: PNF techniques, specifically the pelvic- and shoulder girdle patterns & postural resistance (Bugnet) how to use resistance to strengthen & mobilize

Lesson 3

PPT IV Scoliosis Intensive Rehabilitation, Schroth Concept, information of concept, in-patient and outpatient therapy worldwide

PPT VII- The new Dutch guideline for the treatment of scoliosis in neuromuscular disorders. Description of patients and guideline process and implications for physiotherapy

Practice: exercises on the mat- rolling, crawling, sitting up- standing, using exercise ball and other materials. Various dance forms (ballet, karate & taeko)

Lesson 4

PPT V Case Lucia & the natural history of CP including recommendation for treatment

Theory and practice on treating the mentally handicapped patient.

Adult scoliosis patients: assessing the problems and possible solutions using various exercise possibilities such as PNF, Bugnet, Yoga, sensory-motor therapy and exercises using moveable devices.

Please wear easy "gym" clothes.