



COLUMBIA UNIVERSITY

*College of Physicians  
and Surgeons*



**NewYork-Presbyterian**  
Morgan Stanley Children's Hospital

# *Conservative Treatment of Childhood Scoliosis*

**Thursday, June 30, 2016**



## Course Directors

**Prachi Bakarania, DPT, BSPTS Scoliosis Therapist**, Department of Orthopaedic Surgery, Columbia University College of Physicians & Surgeons, New York, New York

**Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth/BSPTS Certified Instructor**,  
*Co-Director*, Center for Conservative Care of Spine and Scoliosis, Columbia University College of Physicians & Surgeons, New York, New York

**Michael G. Vitale, M.D., M.P.H.**, *Ana Lucia Professor of Pediatric Orthopaedic Surgery (in Orthopaedic Surgery) at CUMC*; *Chief*, Pediatric Spine and Scoliosis Surgery; *Co-Director*, Pediatric Orthopaedics, Columbia University College of Physicians & Surgeons, New York, New York

## Faculty

**Gail Fennell PT, SST**, *Lead Physical Therapist, Clinical Instructor, and Partner*, Carlson Therapy and Spine Rehab, Danbury, Connecticut

**Kelly Grimes, DPT, GCS, OCS, BSPTS, C2**, *Physical Therapist*, Columbia University College of Physicians & Surgeons, New York, New York

**Jennifer Hope, RN, MS, CPNP**, *Instructor in Nursing at CUMC*, Columbia University College of Physicians & Surgeons, New York, New York

**Lawrence Lenke, M.D.**, *Professor of Orthopedic Surgery at CUMC*, Columbia University College of Physicians & Surgeons, New York, New York

**Amber Mizerik, PA-C**, *Physician Assistant*, NewYork-Presbyterian Hospital, New York, New York

**Marissa M. Muccio, PT, C/NDT**, *Owner and President*, Pediatric Rehabilitation of North Jersey, Wayne, New Jersey

**Manuel Rigo, M.D., Ph.D.** *Chairman*, Barcelona Scoliosis Physical Therapy School; *Inventor of the Rigo Cheneau Brace*; *Founding Member and First President*, SOSORT; Barcelona, Spain

**Benjamin D. Roye, M.D., M.P.H.**, *Assistant Professor of Orthopedic Surgery at CUMC*, Columbia University College of Physicians & Surgeons, New York, New York

**James O. Sanders, M.D.**, *Professor of Orthopaedics and Pediatrics*, University of Rochester Medical Center, Rochester, New York

**Leah Stoltz**, *Founder*, Curvy Girls

**Ellen Su**, *Co-Founder*; *Chief Creative Officer*, Wellinks Inc, New Haven, Connecticut

**John Tunney, BOCPO**, East Coast Orthotic & Prosthetic Corp

**Rebekah Wallach, PT, DPT, BSPTS**, *Instructor in Clinical Rehabilitation and Regenerative Medicine (Physical Therapy)*, Columbia University College of Physicians & Surgeons, New York, New York

**Stuart L. Weinstein, M.D.**, *Ignacio V. Ponseti Professor of Orthopaedic Surgery*; *Professor of Orthopedics and Rehabilitation*; *Professor of Pediatrics*, University of Iowa Carver College of Medicine, Iowa City, Iowa

**Nara Yoon, PT, DPT, OCS**, *Founder and Director*, PhysioElements Physical Therapy, Manhasset, New York



**June 30, 2016**

8:45 a.m. *Registration; Continental Breakfast*

9:30 a.m. Welcome and Introduction  
**Michael G. Vitale, M.D., M.P.H.**

**CLASSIFYING SCOLIOSIS**

**Moderator: Stuart L. Weinstein, M.D.**

9:35 a.m. Early Onset Scoliosis  
**Michael G. Vitale, M.D., M.P.H.**

9:41 a.m. Adolescent Idiopathic Scoliosis  
**Lawrence Lenke, M.D.**

9:47 a.m. Adolescent Idiopathic Scoliosis  
**Manuel Rigo, M.D.**

9:53 a.m. Panel Discussion

**EARLY ONSET SCOLIOSIS**

**Moderator: Michael G. Vitale, M.D., M.P.H.**

10:00 a.m. Idiopathic Infantile Scoliosis:  
Background and Philosophy of Casting  
**James O. Sanders, M.D.**

10:15 a.m. Scoliosis Casting: Tips and Tricks  
**Benjamin D. Royce, M.D., M.P.H.**

10:25 a.m. Schroth with the Young Child: Is It Worth It?  
**Gail Fennell PT, SST**

10:35 a.m. Panel Discussion

10:45 a.m. Family Experiences: Bracing, Casting and Schroth  
**Moderator: Michael G. Vitale, M.D., M.P.H.**

11:00 a.m. Panel Discussion

11:05 a.m. *Refreshment Break*

**ADOLESCENT IDIOPATHIC SCOLIOSIS: ROLE OF BRACING**

**Moderator: James O. Sanders, M.D.**

11:20 a.m. AIS: What is the Evidence for Conservative Treatment?  
**Stuart L. Weinstein, M.D.**

11:40 a.m. Use of Sanders Skeletal Maturity Staging to Predict  
Progression in Unbraced and Braced Patients  
**James O. Sanders, M.D.**

11:55 a.m. Panel Discussion

12:02 p.m. Alternatives to the Traditional TLSO: Revisiting the Principles  
of Cheneau and SOSORT  
**Manuel Rigo, M.D., Ph.D.**

12:12 p.m. Maximizing Compliance and In Brace Correction Using Feedback  
**Ellen Su**

- 12:22 p.m. Panel Discussion
- 12:30 p.m. When it's Time to Move beyond Conservative Treatments  
**Michael G. Vitale, M.D., M.P.H.**
- 12:40 p.m. Panel Discussion
- 12:45 p.m. *Lunch*
- 1:00 p.m. The Value of the Team Approach  
**Moderator: Amber Mizerik, PA-C**  
**Prachi Bakarania, DPT, BSPTS Scoliosis Therapist**  
**Jennifer Hope, RN, MS, CPNP**  
**John Tunney, BOCPO**  
**Michael G. Vitale, M.D., M.P.H.**

**CONSERVATIVE TREATMENT OF IDIOPATHIC SCOLIOSIS:  
SCOLIOSIS SPECIFIC PHYSICAL THERAPY**  
**Moderator: Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth/BSPTS  
Certified Instructor**

- 1:45 p.m. Schroth: Overview and When is it Appropriate  
**Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth/BSPTS  
Certified Instructor**
- 2:00 p.m. Scoliosis Specific Physical Therapy: What is the Evidence?  
**Kelly Grimes, DPT, GCS, OCS, BSPTS, C2**
- 2:10 p.m. Schroth for Adults and the Aging Spine  
**Prachi Bakarania, DPT, BSPTS Scoliosis Therapist**
- 2:20 p.m. Spinal Fusion Schroth Protocol  
**Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth/BSPTS  
Certified Instructor**
- 2:30 p.m. Panel Discussion
- 2:40 p.m. DIERS Formetric 4D: A Radiation Free Spine Analysis  
**Marissa M. Muccio, PT, C/NDT**
- 2:50 p.m. Curvy Girls Personal Experience  
**Leah Stoltz**
- 3:00 p.m. Panel Discussion
- 3:05 p.m. **Breakout Sessions:**  
**1) Pilates/Yoga and Other Activity Adaptations for Scoliosis**  
**Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth/BSPTS  
Certified Instructor & Nara Yoon, PT, DPT, OCS**  
**2) Common Bracing Questions**  
**Prachi Bakarania, DPT, BSPTS Scoliosis Therapist**  
**John Tunney, BOCPO**  
**3) Patient Experiences from Curvy Girls and SHIFT**  
**Moderator: Rebekah Wallach, PT, DPT, BSPTS**
- 4:00 p.m. *Adjourn*

## Accreditation Statements

The College of Physicians and Surgeons of Columbia University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Columbia University is approved by the New York State Education Department's State Board for Physical Therapy as an approved provider of continuing education for physical therapists and physical therapist assistants. A certificate of attendance for 6 contact hours of educational activity will be awarded to registrants upon completion of the seminar.

## AMA Credit Designation Statement

The College of Physicians and Surgeons designates this live activity for a maximum of 6.0 *AMA PRA Category I Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Program Description & Objectives

The 3rd Annual Conservative Treatment of Childhood Scoliosis CME is an opportunity to learn about state of the art, non-operative treatment of scoliosis across the ages. In recent years we have gained a new appreciation for, and experience with Mehta casting in children with infantile and juvenile scoliosis. Experts in the field will share theory and hands on practical tips in Mehta or EF casting. Patients with juvenile and adolescent scoliosis also have vastly expanded palette of treatment options including Schroth physical therapy and Rigo Cheneau bracing. Experts from Columbia's Center for the Conservative Treatment of Scoliosis and visiting lecturers will share their experience in presentations and will demonstrate best practices in workshop settings.

The course will review the current state of knowledge about bracing, updated recently by the pivotal BRAIST trial. We are excited to have one of the authors of this trial, Dr. Stuart Weinstein here to speak on scoliosis and bracing. Participants will emerge with a renewed appreciation of the three dimensional aspects of scoliosis and the full gamut of modern treatment options. Highlights will include presentations by patients and families of patients who have successfully been treated with casting, Schroth therapy and Rigo Cheneau bracing. The faculty and speakers are the most experienced in the field, bringing expertise in bracing, casting, and therapy for childhood scoliosis.

This activity is designed for providers who are treating patients with scoliosis and would like to assess the risk versus benefits of surgical treatments and non-operative treatments. Physical Therapists as well as physicians are strongly encouraged to attend.

At the conclusion of this activity, participants will be better able to:

- Define the classification for EOS and AIS
- Discuss indications for serial casting of EOS and the measured outcomes
- Discuss the principles around bracing and the RSC brace
- List the indications for Schroth therapy

## Meeting Location

NewYork-Presbyterian/Columbia University Medical Center  
Vivian and Seymour Milstein Family Heart Center Education Center  
173 Fort Washington Avenue  
New York, New York 10032

Parking is available at the NewYork-Presbyterian/Columbia University Medical Center parking lot, located on the southwest corner of Fort Washington Avenue and West 165th Street.

## Additional Information

Contact:

Center for Continuing Medical Education  
Columbia University College of Physicians & Surgeons  
630 West 168th Street, Unit 39  
New York, NY 10032  
Telephone: (212) 305-3334  
Fax: (212) 305-5740  
e-mail: [cme@columbia.edu](mailto:cme@columbia.edu)  
[www.columbiacme.org](http://www.columbiacme.org)

## **Tuition**

Physicians: \$100. Families: \$50. Other Health Professionals: \$50. Patients: \$25. The fee includes the plenary presentations, breakout sessions, continental breakfast, lunch and refreshments. Confirmation of registration will be sent upon receipt of the registration form. Refund of registration fee, less a \$10 administrative charge, will be made if written notice of cancellation is received by **June 20, 2016**. No refunds can be made thereafter.

## **Registration**

**Space is Limited. Early Registration is Encouraged.**

### **By Mail:**

Complete the registration form and mail with full payment to:

**Columbia University  
College of Physicians & Surgeons  
Center for Continuing Medical Education  
630 West 168th Street, Unit 39  
New York, NY 10032**

### **On-Line:**

[www.columbiacme.org](http://www.columbiacme.org)

**Telephone registrations and/or  
cancellations are not accepted.**

## **Americans with Disabilities Act**

The Columbia University College of Physicians and Surgeons fully complies with the legal requirements of the ADA and the rules and regulations thereof. Any participant with special needs must submit a written request to our office at least one month prior to the course date.

# Registration Form

COLUMBIA UNIVERSITY

Scoliosis

*(Please print or type)*

Last Name

Degree

First Name

Middle Initial

Address

City

State

Zip

Daytime Phone

Daytime Fax

e-mail

**Please note: Your e-mail address is used for critical information about the course including: registration confirmation, course evaluation and certificate. Please be sure to include an e-mail address you check daily or frequently**

Institution

Specialty Area of Interest

Orthopaedic Surgery PM 15

June 30, 2016

UR009393/6.0

- \$100 Physicians
- \$50 Families
- \$50 Other Health Professionals
- \$25 Patients

Enclosed is a check or money order made payable to

**Columbia University.**

**Checks must be in U.S. Dollars drawn on a U.S. bank.**

**Money orders must be in U.S. Dollars.**

**For security purposes, credit card payments cannot be accepted by mail or fax. Please visit [www.columbiacme.org](http://www.columbiacme.org) to register and pay by credit card. American Express, Discover, MasterCard and Visa only.**



Columbia University  
College of Physicians & Surgeons  
630 West 168th Street, Unit 39  
New York, New York 10032

# *Conservative Treatment of Childhood Scoliosis*

Thursday, June 30, 2016