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


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
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. Roye, 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

3:55 p.m.  Breakout Session Summary

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 1 Credits™. 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
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

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)*

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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.

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Orthopaedic Surgery PM 15  
June 30, 2016  
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- $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 to register and pay by credit card. American Express, Discover, MasterCard and Visa only.
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