PRESENTS
3-D TREATMENT OF SCOLIOSIS
C1 Refresher
FROM THE

BPT
BARCELONA
SCOLIOSIS PHYSICAL THERAPY SCHOOL

2018

WHO SHOULD ATTEND
The C1 REFRESHER COURSE is open to Physical Therapists who have successfully completed C1 within the last 3 years. We will also accept PT’s who have completed C2, if the PT feels they need to refresh some of their skills.

CONTINUING EDUCATION HOURS
Approval for the CEU’s for this course is pending the Massachusetts Physical Therapy Association for 14 contact hours.

Dates:
January 27-28, 2018

TRAINING LOCATION:
Homewood Suites Billerica-Burlington
35 Middlesex Turnpike
Billerica, 01821

INSTRUCTOR:
Amy Sbihli MPT, DPT and Schroth-Barcelona Institute Instructor

• CEO Spine Academy Physical Therapy, PLLC
• Employment: Director of Scoliosis Services at Orthopaedics Plus in Burlington, MA
• Responsibilities: Scoliosis, SI, orthopedic spine, movement dysfunction and Pilates
• PT Education:
  o Kinesiology, Bachelor of Arts, University of Michigan
  o 1996: Master of Physical Therapy, Washington University
  o 2007: Doctorate of Physical Therapy, Washington University
• Scoliosis Certification:
  o 2005: Schroth Certification, Dr. Manuel Rigo of Barcelona Scoliosis Physical Therapy School
C1 Refresher Course

PROGRAM PURPOSE

This program will review the theory and treatment principles developed at the Institute of Elena Salva in Barcelona, Spain over the last 45 years. The 3-D Treatment of Scoliosis from the Barcelona Scoliosis Physical Therapy School (BSPTS) is based on a system developed in Germany by the late Katerina Schroth and her daughter Christa Lehnert-Schroth, beginning in the 1920s. This three-dimensional scoliosis treatment is based on sensorimotor and kinesthetic principles. Its goals are to facilitate correction of the altered posture, and teach the patient to maintain the corrected posture in daily living activities. This technique has been used in Europe for decades and has been available in the United States since 2003.

This course will provide a review of the concepts presented in C1 with a review of pathomechanism of Idiopathic Scoliosis, Classification using clinical and radiological characteristics, Specific Principles of Correction of the BSPTS method, treatment of non-painful adults, core stabilization, and how to address proximal thoracic curves. The participant will improve their ability recognize different patterns of curves in scoliosis and how different patterns are treated with specific exercises.

OBJECTIVES

Upon completion of the C1 Refresher Course, the participant will:
1. Become more proficient at assessing postural alignment related to scoliosis.
2. Improve their techniques using specific measurement tools related to scoliosis.
3. Improve their ability to classify Scoliosis Curves using the BSPTS Method, using postural and radiological evidence.
4. Deepen their understanding and their ability to apply Specific Principles of Correction of the BSPTS Method.
5. Describe the passive and active corrections in five different starting positions (supine, prone, side-lying, sitting and standing)
6. Improve their skills at the development and implementation of individualized scoliosis evaluation, and a specific treatment program based on the patient’s curve pattern and other findings.
BASIC CERTIFICATION PROGRAM AGENDA

Course includes: Lectures, labs, and observation of treatment of patients and hands on experience with patients.

COURSE OVERVIEW

1. Introduction
   Review of the Pathomechanism of Idiopathic Scoliosis, signs and symptoms, structural changes, postural changes, muscular imbalance.

2. General description of scoliosis including the following:
   - Cobb angle
   - Axial rotation
   - Harmonic shape of curve
   - Definition of the transition point
   - Definition of the Central Sacral Line (CSL)
   - Spinal imbalance according to the CSL
   - Risser

3. BSPTS Curve Classification

4. BSPTS Specific Principles of Correction
   - Correction of the postural collapse - Auto-elongation
   - Correction of the frontal component - Deflection
   - Correction of the rotational component - Derotation
   - Rotational Breathing
   - Facilitation/ Stabilization

5. Considerations regarding the treatment of non-painful adults

6. Various starting positions for beginning exercises
   - Semi-hanging, supine, prone, side-lying, sitting and standing positions
   - Core strengthening
   - Practice sessions

7. Treatment consideration for proximal thoracic curves and lumbosacral curves

8. Therapists' practice and training of patient
REGISTRATION FORM

Course date: _________________________________

Full Name: _____________________________________________________________________________

Organization: __________________________________________________________________________

Mailing Address: _________________________________________________________________________

City: ___________________ State/Province: _______ Zip/Postal Code: _________________

Telephone: (______) __________________ Fax: (______) ___________________

Email: __________________________________________________________________________________

Scoliosis Therapy Experience (which courses, instructors and which year):
_____________________________________________________________________________________

REGISTRATION FEES: $500.00

PAYMENT METHOD: By check: Payable to Amy Sbihli. There will be a $25.00 fee charged on checks returned by the bank due to insufficient funds.

REGISTRATION AND PAYMENT DEADLINE:
December 20, 2017. After this date please directly reach out to inquire about availability.
Course Size :10
Mail to: Spine Academy Physical Therapy, 33 Summer Street, Lexington, MA 02420

CANCELLATION POLICY

Cancellation with less than 30(thirty) days notice will result in no refund of course fees. Cancellation of course attendance with more than 30 days notice will result in a refund of course fees, less a 10% administrative fee. SchrothNYC.com reserves the right to cancel the course at any time as necessary, in which case a full refund will be offered. SchrothNYC.com is at no time and in no way responsible for expenses incurred by course participants including, but not limited to, costs of travel, tickets, hotel reservations, resources, etc.

FOR MORE INFORMATION, CONTACT
asbihli@spineacademypt.com