



# **Scoliosis Rehab Inc.**

## Physical Therapy

*PRESENTS*

### **3-D TREATMENT OF SCOLIOSIS Basic Certification Course (C1)**

FROM THE



**2018**

#### **WHO SHOULD ATTEND**

The Basic Certification course is open only to Physical Therapists. Other courses may be held for Physicians and Orthotists. Only Physical Therapists will be eligible for certification, Physical Therapist Assistants may attend with a physical therapist who is attending to be certified.

**\*\*\*We ask that all participants make a commitment to participate in on-going research to demonstrate the effectiveness of this method and contribute to the U.S. body of literature.**

#### **CONTINUING EDUCATION HOURS**

The course is approved for **66 Continuing Education Units** through the Wisconsin Physical Therapy Association.

#### **TRAINING LOCATION**

Scoliosis Rehab Inc., Stevens Point, WI, USA

#### **REGISTRATION DEADLINE**

30 days before course starts. Fax 715-295-9821 or Mail to:

Scoliosis Rehab Inc.  
2918 Post Road Suite B  
Stevens Point, WI 54481

***Course size is limited to maximize individual training time for each participant. Register early to ensure your spot.***

#### **COST**

\$2,950 – must be paid in full at time of application.

Payment must be by check or money order payable to Scoliosis Rehab Inc. 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.

## **INSTRUCTORS**

### **Beth Janssen, P.T.**

Ms. Janssen has been a practicing physical therapist since 1986 when she graduated from the Mayo School of Health Related Sciences in Rochester, MN. She has worked extensively in hospital settings where her practice focused on evaluation and treatment of spinal and TMJ dysfunction, women's health problems, scoliosis rehab, and mentoring of new physical therapists. She has done advanced studies in the McKenzie approach to treating spinal dysfunction, along with Muscle Energy Techniques and Myofascial Release training. She developed a special interest in scoliosis after her son was diagnosed with scoliosis. Beth traveled to Barcelona, Spain in 2003 to study with Dr. Manuel Rigo, developer of the Rigo System Cheneau Brace and one of the founders of SOSORT, and world-renowned expert in the Schroth Method of conservative care of scoliosis, and has continued as his student. In 2006, 2009, 2010 and 2011 Ms. Janssen received advanced training in Spain from the Barcelona Scoliosis Physiotherapy School (BSPTS). She is one of the first certified Schroth therapists in the United States. She has assisted Dr. Rigo in all courses for physical therapists in the U.S. since 2004.

Ms. Janssen is the co-founder of Scoliosis Rehab Inc. It is one of the first clinics in the U.S. to specialize in the treatment of Idiopathic Scoliosis, using the Schroth-based method as taught by the Barcelona Scoliosis Physiotherapy School. Scoliosis Rehab Inc. is dedicated to treating adolescents and adults with abnormal spinal curvatures, including scoliosis and increased kyphosis. Scoliosis Rehab Inc. has clinics in Stevens Point, Wisconsin and San Jose, California.

### **Rebecca Hurst, PT**

Rebecca Hurst earned her Masters degree in Physical Therapy in 1997 from the University of Texas Medical Branch in Galveston, TX. As a Physical Therapist she has over 18 years of experience in various settings including acute care hospitals, rehab management, home health, in – patient rehab and out-patient orthopedics. Her recognition of a need for scoliosis specific treatment in her patients coupled with her family history and personal experience with scoliosis lead her to pursue training in the Schroth method. She received her initial certification through the BSPTS in 2011 and her advanced certification in 2013. She worked at Scoliosis Rehab during the summers of 2013 and 2014 before joining the team full time in October of 2014. She considers it a privilege to work for and alongside Beth Janssen and is also now functioning as a Teaching Assistant in Schroth certification courses for Physical Therapists.

Ms. Janssen is an instructor for the International Body of Instructors of the BSPTS in the USA.

## **BASIC CERTIFICATION COURSE (C1)**

### **PROGRAM PURPOSE**

This program will introduce clinicians to the basic philosophy 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 School 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. The patients are individually trained, even though therapy in groups or an open gym setting can be used in intensive and semi-intensive programs. This technique has been used in Europe for decades and has been available in the United States since 2003.

This BASIC CERTIFICATION COURSE will provide an in-depth explanation of anatomy, etiology and treatment of scoliosis. The participant will learn to recognize different patterns of curves in scoliosis and how different patterns are treated with specific exercises. Bracing techniques will be covered.

## **OBJECTIVES**

Upon completion of C1, the participant will be able to:

1. Identify indications and contraindications for scoliosis specific exercises.
2. Identify radiological variables in scoliosis assessment and classification.
3. Identify scoliosis patients appropriate for conservative management.
4. Perform an individualized scoliosis patient clinical evaluation.
5. Design a specific treatment plan and goals based on the patient presentation.
6. Treat/teach patients using basic 3-D principles of correction according to BSPTS
7. Treat/teach in 5 basic starting positions (supine, prone, side-lying, sitting and standing).
8. Demonstrate appropriate tactile and verbal cues to facilitate appropriate patient response to treatment.
9. Teach joint protection and proper ADL principles for patients with scoliosis.

## **BASIC CERTIFICATION PROGRAM AGENDA**

Course includes: Lectures, labs, and observation of treatment of patients. Therapists will have the opportunity to practice training techniques on other course participants. There will be a morning break of 15 minutes each day and lunch for one hour, with the exception of Sunday, which is a shorter day. Sunday will consist of 5 hours of formal course time; the rest of the day will be with free study time in order to prepare for the certification test. On the final day, there will be morning course time and review; testing and wrap-up will be in the afternoon. There will also be optional extra practicum sessions offered throughout the weeks, as needed.

## **COURSE OVERVIEW**

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### **1. Introduction**

Definition of scoliosis, signs and symptoms, structural changes, postural component concept, muscular imbalance, postural schema concept, correctibility. General objectives and principles of specific scoliosis rehabilitation. Short history of the Schroth Method and its relation with the BSPTS.

### **2. General description of scoliosis and other spinal deformities**

- Definition of a scoliotic curve
- SRS terminology
- Cobb angle
- Axial rotation
- Harmonic shape of curve
- Moe and Kettleson's curve pattern classification
- Definition of the transition point
- Definition of the Central Sacral Line (CSL)
- Spinal imbalance according to the CSL
- Risser sign

- Normal sagittal configuration
- Description of different sagittal geometries
- Scheuermann's Kyphosis
- Hyper-lordosis
- Spondylolisthesis

### **3. Normal trunk shape and posture**

- Trunk shape and posture in sagittal problems
- The Basic Barcelona School of Scoliosis Rehabilitation Classification

### **4. General principles of correction**

- Correction of the postural collapse - Auto-elongation
- Correction of the frontal component - Deflection
- Correction of the rotational component- Derotation
- Practice session
- Rotational Breathing
- Facilitation
- Stabilization

### **5. Various starting positions for beginning exercises**

- Supine, prone, side-lying, sitting, upright position
- Practice sessions

### **6. Therapists' training of patients**

### **7. Testing**

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## **ADDITIONAL INFORMATION**

Upon successful completion of the course, participants will be certified to practice, but not teach, the method. Certification is good for up to 3 years without further education. To remain certified in good standing, you must complete C2 within three years of your C1 certification.

In the near future, Dr. Manuel Rigo will host a BSPTS website which will include a detailed explanation of the method. It is his intention to list the names of all those who are certified in the BSPTS method on the website.

We ask that after this website is up, you refrain from giving a detailed description of the method on your own website(s) and refer/link to Dr. Rigo's website and use it as a resource for a complete explanation of the method. More details on this website will be sent later.

## **CANCELLATION POLICY**

Due to the extended nature of the course, *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. Scoliosis Rehab Inc. reserves the right to cancel the course at any time as necessary, in which case a full refund will be offered. Scoliosis Rehab 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**

patientservices@scoliosisrehab.com or call 877.734.2220