COURSE PURPOSE

This course is intended to assist the learner in understanding what is scoliosis and the possible causes. A review of evaluation and treatment options of scoliosis will be presented based on clinical evidence. Both conservative and surgical interventions will be discussed with the focus on practice/demonstration of common physical therapy interventions for scoliosis management including breathing techniques, manual therapy, specific three-dimensional and active elongation therapeutic exercises.

INSTRUCTOR

Trudy Messer PT, OCS, RYT, CKTP, CFMT

Trudy is a Canadian-trained physical therapist with greater than 22 years of experience who has been working in Greenville, SC since 1997. Through the IPA®, she is a Certified Functional Manual Therapist® and an instructor for Functional Mobilization I (FMI), Proprioceptive Neuromuscular Facilitation I (PNFI), Functional Mobilization Lower Quadrant, and Pelvic Girdle Puzzle. She is a Certified Orthopedic Specialist and Certified Kinesiotaping® Practitioner who works mostly with individuals with sports-related injuries and specializes in treating complex or chronic back and neck problems.
LEARNING OBJECTIVES

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

1. Understand what is scoliosis and diagnosis of scoliosis.
2. Understand types of curves (structural versus compensatory).
3. Understand conservative versus surgical interventions.
4. Understand Physical therapy intervention for scoliosis management including: breathing techniques, manual therapy techniques, therapeutic exercises (stretching and core exercises), and scoliosis-specific exercise (SSE).

REGISTRATION INFORMATION

Upstate AHEC Consortium Members:
$0 Upstate AHEC members

Non-Consortium Members:
$75 for Non-Members

To register: www.upstateahec.org > CE Tab > Live Courses > July
For registration issues or questions, please call 864-349-1160.

PROGRAM AGENDA

8:15 - 8:30   Check-In
8:30 - 9:30   Defining and Diagnosing Scoliosis
9:30 - 10:30  Adolescent and Adult Scoliosis
10:30 - 10:45 Break
10:45 - 11:45 Medical Intervention and Management of Curvature Progression
11:45 - 12:45 Lunch (on your own)
12:45 - 1:45 pm Medical Intervention and Management of Curvature Progression (cont)
1:45 - 3:30 pm Physical Therapy Interventions and Q&A

CONTINUING EDUCATION CREDIT

Physical Therapists: This program has been submitted to the South Carolina Chapter of the American Physical-Therapy Association (SCAPTA) for review. Credit statements will be updated as approvals are received.

Others: This program is approved for 0.65 CEUs (6.5 clock hours) by Upstate AHEC and meets the SC AHEC Best Practice Standards.

Successful completion of the program requires attendance for 100 percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit available.
Americans with Disabilities Act (ADA): Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

Refund and Cancellation Policy: Upstate AHEC reserves the right to cancel a continuing education program if enrollment is not sufficient to warrant offering the program. If a class must be cancelled for any reason, a full refund will be granted. In the event that Upstate AHEC should find it necessary to cancel or postpone a program for any reason including, but not limited to, registration responses, strikes, or acts of God, a full refund will be granted. Upstate AHEC will not be liable for registrants’ expenses.

Registrants canceling between 2 weeks and 48 hours prior to the program will receive a 75 percent refund. No refunds or credits will be given for cancellations received less than 48 hours prior to the program. No refunds or credits will be given for no-shows. Participant substitutions are welcome (please notify us in advance of the program). Cancellations must be made in writing (mail or email – registration@upstateahec.org).