Course Objectives

MedBridge
Adolescent Idiopathic Scoliosis Part 4: Physiotherapeutic Scoliosis Specific Exercises
Cindy Marti, PT

Course Description

The course will define PSSE (Physiotherapeutic Scoliosis Specific Exercise) based upon accepted international standards in conservative management of scoliosis. Various schools of PSSE will be reviewed with an emphasis on the Schroth-Barcelona method. Exercise examples will be shown. PSSE will be contrasted to general physical therapy. Precautions for and modifications of general physical therapy and exercises will be given. The course is not intended for the application of PSSE by the clinician (advanced PSSE training is needed), but some simple scoliosis intervention suggestions will be given.

Course Objectives

1. Define and describe 3 dimensional Physiotherapeutic Scoliosis Specific Exercise (PSSE)
2. Understand difference of PSSE from standard physical therapy
3. Gain an appreciation of various PSSE schools around the world with emphasis on Schroth
4. Learn basic scoliosis precautions and modifications for therapy that can be applied in the outpatient setting as a precursor to advanced PSSE training