



SEAS: LEVEL 1

SCIENTIFIC EXERCISE APPROACH TO
SCOLIOSIS - LED BY MICHELE ROMANO

COURSE DESCRIPTION

- Understand the background of SEAS approach and the underlying scientific principles.
- Learn the clinical and postural evaluation of the scoliosis patient
- Three-dimensional self-correction, and the step-by-step approach to teach individualized self-corrections to the patient.
- Learn how self-correction is performed for different types of deformities: thoracic, thoracolumbar, lumbar, double curve, hyperkyphosis; correlation with the radiographic and postural evaluation, as well as observed asymmetries.
- Learn how to manage the cognitive-behavioral approach to patient and family.
- Understand the role of exercise within the SEAS approach, and the criteria used to choose them for an individualized treatment plan.
- Learn goals of exercises in the different treatment phases: no brace, preparation for the brace, and in brace.

COURSE CONTENT

- Friday: Review of Scoliosis Pathomechanics, Bracing, SEAS approach, Assessment; Theory and Hands-on practice
- Saturday: Active Self-Correction; Theory and Hands-on Practice, Scoliosis Manager Internet Application, Exercises; Theory and Hands-on Practice
- Sunday: Active Self-Correction and Exercises, Theory and Hands-on Practice, Clinical Practice with patients.

COURSE INFORMATION

- Course Dates/Times: Friday March 9th, 2018 (9am - 6pm), Saturday March 10th, 2018 (9am-6pm), and Sunday March 11th, 2018 (8am-5pm)
- Course to be held at Avanti Therapy: 5350 Manhattan Cir, Suite 100, Boulder CO, 80303
- \$750 per person, maximum of 20 applicants will be approved.



APPLICATION

Please fill out all components of the form below, and email back to clarissa@avantitherapy.com with the subject line: SEAS APPLICANT. Once your application has been approved, you will be contacted for payment.

NAME:

PROFESSION:

STREET ADDRESS:

CITY, STATE, ZIP:

PHONE NUMBER:

FAX NUMBER:

EMAIL:

PREVIOUS EXPERIENCE WITH SCOLIOSIS
TREATMENT: