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ISTITUTO SCIENTIFICO ITALIANO COLONNA VERTEBRALE

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Scientific Exercise Approach to Scoliosis (SEAS)

Registration Form

For which course are you applying?

Course (circle one)	Level 1: Nov 27-29, 2023 / level 2: Nov 30-Dec 2, 2023
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Personal

Full name	
Credentials	
PT License #	
Mobile phone #	
Home address	
Personal email	
Years of practice as PT	
Do you have scoliosis?	
Do you treat people with scoliosis and for how many years?	

Work

Work/clinic name	
Address	
Phone #	
Work email	
Years at current job	



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Course Fee: \$1500

Course payment is due in full at time of registration. Course may be paid by Zelle using my email: hagitberdi@gmail.com, Venmo (using @hagit-berdishevsky) or bank wire (contact me for details).

Course Location:

Main: Arrive Studio (Formerly Studio 26) 129 West 29th Street, Second Floor, New York NY 10001

Course Cancellation Policy:

Due to the involved nature of course organization, cancellation policy is as follows:

1. If registrant cancels with less than 30 days notice:
 - If cancelled spot is filled with another attendee, a refund will be issued, less 10% service charge
 - If cancelled spot is not filled, there will be *no refund* of course fee.
2. If registrant cancels with more than 30 days notice:
 - Refund will be issued, less 10% service charge
3. We reserve the right to cancel the course at any time due to low attendance or other conflicts.
 - Should the course be cancelled by teacher, a full refund will be issued.

Course Application: via WhatsApp to my cell: +1-917-340-4584 or Email to hagitberdi@gmail.com



SEAS – Level 1 Program

SEAS Accreditation (SA): recognized for people who attended the first level course, and passed the final exam. The course lasts three days. The accreditation expires after 5 years. It can be renewed attending the SAA level course, or attending a refresher course of 1 day concluding with an examination.

The Course includes the Basic teachment of the SEAS approach:

First Day 8:30AM - 5:30PM

- **Module name:** SEAS approach – basic concepts
- **Duration:** 6 hrs
- **Content :** The principles of SEAS are based on a specific form of auto-correction (termed **active self-correction**), that is taught individually to each single patient, and then associated with stabilizing exercises which include neuromotor control, proprioceptive training and balance.
- **Module name:** SEAS clinical assessment
- **Duration:** 2 hrs
- **Content :** Correct assessment of a scoliotic patient by means of X-rays and functional evaluations

Second Day 8:30AM - 5:30PM

- **Module name:** Active Self Correction I
- **Duration:** 6 hrs
- **Content :** Teaching of the Active Self Correction in the 3 planes (coronal, horizontal and sagittal) according to the previous evaluation and assessment of the patient.
- **Module name:** Active self correction II
- **Duration:** 2 hrs
- **Content :** Additional issue for the correct choice of the Active Self Correction; cognitive-behavioural approach towards the patient and his family to maximize compliance to treatment

Third Day 8:30AM - 4:00PM

- **Module name:** SEAS exercises
- **Duration:** 4 hrs
- **Content :** Choice of the exercises according to the previous assessments
- **Module name:** Clinical Cases
- **Duration:** 4 hrs
- **Content :** Practical evaluation and choice of the exercises with real patients, present at the course.



SEAS – Level 2 Program

SEAS Advanced Accreditation (SAA): following SA, recognized for people who attended the advanced level course and passed the final exam. The course lasts 3 days. It can be attended between 1 and 5 years from obtaining the SA. The advanced accreditation expires after 5 years. It can be renewed attending a refresher course of 1 day concluding with an examination.

The Course includes the Advanced stage of treatment of scoliosis:

First Day 8:30AM - 5:30PM

- **Module name:** Active Self Correction - Advanced step
- **Duration:** 4 hrs
- **Content :** SEAS self correction combined movements

- **Module name:** SEAS exercises in combination with Active Self Correction
- **Duration:** 2 hrs
- **Content :** Evolution of the complexity of the exercises and the complexity of the self-correction

Second Day 8:30AM - 5:30PM

- **Module name:** Seas in daily life
- **Duration:** 2 hrs
- **Content :** Simplified self-correction for the application in the daily life

- **Module name:** Brace treatment
- **Duration:** 2 hrs
- **Content :** Specific exercises and cognitive behavioral approach in combination with a treatment that requires a brace

Third Day 8:30AM - 4:00PM

- **Module name:** Adult scoliosis I
- **Duration:** 2 hrs
- **Content :** Sagittal plan alterations; Specific exercises and cognitive-behavioral approach

- **Module name:** Adult scoliosis II
- **Duration:** 3 hrs
- **Content :** Clinical cases

- **Module name:** Screening for scoliosis
- **Duration:** 1 hrs
- **Content :** Strategies for screening

Biography Dr. Alessandra Negrini



- ✓ Qualified as a Physiotherapist in Pavia (Italy) in 1987.
- ✓ Technical Team Leader of the “Centro Scoliosi ISICO” in Vigevano.
- ✓ Educational physiotherapist for students addressed from the University of Pavia to serve their apprenticeship with the “Centro Scoliosi ISICO” in Vigevano.
- ✓ Charter Member of the Society on Spinal Orthopaedic and Rehabilitation Treatment (SOSORT).
Researcher at ISICO - Istituto Scientifico Italiano Colonna Vertebrale. She has over 8 years experience of conducting research studies in spinal deformities.
- ✓ She is member of the scientific secretaryship of the “Gruppo di Studio della scoliosi e delle patologie vertebrali “(GSS) and contributes to the selection and the translation of the scientific articles for the review of the international literature.
- ✓ Speaker during several national and international conferences and courses.
- ✓ Since 2009 and 2010 she is a lecturer during the ISICO Master for the treatment of low back pain and spinal deformities.
- ✓ She has published numerous articles in national and international journals and 16 papers in journals Indexed for MEDLINE:
 - + Specific exercises performed in the period of brace weaning can avoid loss of correction in Adolescent Idiopathic Scoliosis (AIS) patients: Winner of SOSORT's 2008 Award for Best Clinical Paper.
Zaina F. , Atanasio S. , Fusco C. , Negrini Ax. , Negrini S. , Romano M. *Scoliosis* 7;4:8. 2009
 - + Specific exercises reduce brace prescription in adolescent idiopathic scoliosis: a prospective controlled cohort study with worst-case analysis.
Negrini S. , Negrini Ax. , Parzini S. , Romano M. , Zaina F. *J Rehabil Med.* Jun;40(6):451-5. 2009
 - + Adult scoliosis can be reduced through specific SEAS exercises: a case report
Negrini Ax. , Atanasio S. , Negrini S. , Parzini S. , Romano M. , Zaina F., Negrini MG. *Scoliosis* 3:20 2008
 - + End-growth results of bracing and exercises for adolescent idiopathic scoliosis. Prospective worst-case analysis.
Negrini S. , Atanasio S. , Negrini Ax. , Parzini S. , Romano M. , Zaina F. *Stud Health Technol Inform.* 135:395-408. 2008
 - + Scientific Exercises Approach to Scoliosis (SEAS): efficacy, efficiency and innovation.
Romano M. , Negrini S. , Negrini Ax. , Paroli C. *Stud Health Technol Inform.* 135:191-207. 2008
 - + End-growth final results of an effective conservative treatment: a retrospective case series
Negrini S. , Negrini Ax. , Parzini S. , Romano M. *Scoliosis* 2(S1):S6 12 October 2007
 - + A controlled prospective study on the efficacy of SEAS.02 exercises in preventing progression and bracing in mild idiopathic scoliosis.



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Tools for the Course

Scoliometer

Goniometer set

Transparent ruler 30cm length

Laser (in Amazon: <https://tinyurl.com/y3k96b3p>)

Pencils, eraser, sharpener

Exercise cloths



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Dear All participants,

On our web page where we present the SEAS Accreditation Program and the SEAS courses all over the world, you can read at the bottom:

ISICO in its approach to the conservative treatment of scoliosis is totally consistent with the SOSORT guidelines of Orthopaedic and Rehabilitation treatment of idiopathic scoliosis during growth (<https://scoliosisjournal.biomedcentral.com/articles/10.1186/s13013-017-0145-8>) in all passages starting from the clinical assessment and the treatment with orthosis up to the physiotherapeutic treatment with the SEAS exercises. Consequently, the SEAS principles can be properly applied according to the objectives and purposes for which they were defined and developed, only in a context consistent with these guidelines.

Hence the certificate for the first Step in the SEAS Program "**SEAS Accreditation (SA)**" can be assigned under the condition that you declare here below by undersigning that :

You are conscious that the SEAS Accreditations are valid and can be obtained with a final examination only for those who have declared that their approach to scoliosis is in association with respect to these guidelines.

You are consistent and in line with these SOSORT guidelines in your daily clinical practice, and therefore you can also publicly declare (eg on brochures, website etc.) that you apply the SEAS approach to your patients.

Name:

Signature

Date:

Negrini S, Negrini A, Romano M, Verzini N, Negrini Ax, Parzini S. *Stud Health Technol Inform.* 2006;123:523-6.

+ A controlled prospective study on the efficacy of SEAS.02 exercises in preparation to bracing for idiopathic scoliosis.

Negrini S, Negrini A, Romano M, Verzini N, Negrini Ax, Parzini S. *Stud Health Technol Inform.* 2006;123:519-22.

+ Does quality of exercises affect results in adolescent idiopathic scoliosis treatment to avoid braces? SEAS.02 results at two years

Romano M. , Negrini S. , Negrini Ax. , Parzini S. , Zaina F. *Scoliosis* 2(S1):S8 12 October 2007