

<p style="text-align: center;"><u>Three Dimensional Exercise and Therapy for Scoliosis</u></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="643 289 1019 464" style="width: 50%;"><b>Module 2</b></td> <td data-bbox="1019 289 1395 464">Presented by Scoliosis Systems of Chiropractic LLP</td> </tr> </table>	<b>Module 2</b>	Presented by Scoliosis Systems of Chiropractic LLP
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	Registration		
	<p><b>Introduction to Therapy:</b> 3-D Therapy can be effective in reducing the biomechanical restrictions of the soft tissues. Therapy of the lumbar, thoracic and cervical spine are explored.</p>		
	<p><b>The Concept of Nutritious Movement:</b> Our genes require movement for optimal health.</p>		
	<ul style="list-style-type: none"> <li>● Scoliosis is adversely affected by unnatural environments, and unconscious movement</li> </ul>		
	<p><b>The Movement Palate:</b> Movements of daily activity differ from “exercise” and are the most likely co-culprit in progressive deformities.</p>		
	<p><b>How to Assess Movement in Scoliosis Patients:</b> The adams test is one movement test that is sensitive for Rotary Scoliosis. Learn how to assess for the other 5 stereotypical movement disorders associated with Scoliosis.</p>		

	Lumbar Spine Considerations
	<ul style="list-style-type: none"> <li>● Pelvic 3 Dimensional Deformities</li> <li>● Long Bone deficiency</li> <li>● L5 Arthropathy</li> <li>● Normal coupling vs. Abnormal coupling</li> <li>● associated increases in translations and rotations.</li> <li>● Associated decreases in translations and rotations.</li> </ul>
	<b>Break</b>
	Thoracic Considerations
	<ul style="list-style-type: none"> <li>● Three dimensional deformity of the ribcage:</li> </ul>
	<ul style="list-style-type: none"> <li>● Respiratory Considerations: Spirometry, asymmetrical chest wall mechanics, Autonomic effects of breathing exercises.</li> </ul>
	<p>Cervical Spine Considerations:</p> <ul style="list-style-type: none"> <li>● Cervicothoracic Scoliosis</li> <li>● Atlas Subluxation</li> </ul>
	<p><b>Three Dimensional Correction of Atlas/Axis/Occiput Subluxation:</b> Chiropractic methods that specifically aim to improve mechanics of the upper cervical Spine.</p>
	<ul style="list-style-type: none"> <li>● 3 Dimensional X-ray Analysis</li> <li>● Vestibular assessment</li> <li>● Oculomotor Assessment</li> <li>● Sagittal Plane Considerations.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Rasterstereography 3-D Bio-Topography</b></li> </ul>
	<b>Psoas Muscle in Lumbar and Thoracolumbar Curvatures</b>
	<b>Dynamic Control</b> Foot dynamics, uses for pedal orthotics Sit to stand, stand to floor, gait, climbing
	<b>Evaluating X-rays:</b> Although radiographs have limitations, they do serve to provide invaluable clinical information.
	<b>Frontal Plane:</b> Risser sign, Cobb Angles, COG Rib deformity.
	<b>Sagittal Plane:</b> Kyphosis, lordosis, Balance, FHP, DDD, Spondylo,
	<b>Preparing a 3 Dimensional Exercise Program</b> <ul style="list-style-type: none"> <li>• Axial Spinal</li> <li>• Rotational Rib/Pelvis</li> <li>• Musculature of the Lower Limbs</li> </ul>
	<b>Q and A</b>  <b>Adjourn</b>

<b>Day two</b>	
	<b>Breathing Exercises</b>

	<p><b>Corrective Breathing</b></p> <ul style="list-style-type: none"> <li>• Diaphragm Dysfunction</li> <li>• Intercostal Dysfunction</li> <li>• Floating ribs/Concavity Ribs,</li> <li>• Convexity Ribs and Diaphragm</li> <li>• Breathing Science</li> </ul>
	<p><b>Breathing Caliper/Breathing Strap/Hands:</b></p>
	<p><b>Supine Breathing Exercises with Eye Bags:</b></p>
	<p><b>Prone Breathing Exercises Over Wedge:</b></p>
	<p><b>Closed Chain Breathing Exercises:</b></p>
	<p><b>Break</b></p>
	<p><b>Poses/Postures for Activation of Neglected Muscle Groups</b></p>
	<ul style="list-style-type: none"> <li>• <b>Standing Tea Pot Pose</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Kneeling Tea Pot Pose</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Side Lying Tea Pot Pose</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Rotational Sitting Pose</b></li> </ul>

	<b>Break</b>
	<b>Dynamic Exercises</b>
	<ul style="list-style-type: none"> <li>• Walking, Stepping, Lunges &amp; Balance</li> </ul>
	<p><b>Assisted Device Elongation and Manual Mobilization:</b> Immobilization of body sections allows patients to create self-guided nutritious movement. Isometric exercises with postural de-rotations allow for stabilizer muscle activation while creating nutritious movement in the segmented spine.</p>
	<ul style="list-style-type: none"> <li>• <b>Thoracic Immobilization:</b> Allows for active lumbar and pelvic movement</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Pelvic Immobilization:</b> Allows for Active thoracic mobilization</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Isometric Extensions with Postural De-rotations:</b> allows for activation of stabilizer muscles important in upright stance and normo-metric sagittal curves.</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Kyphosis, Lordosis, Sagittal and Coronal Balance:</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Isometric Flexion exercises with Postural de-rotations.</b></li> </ul> <p><b>Referral and Co-management with Orthopedist</b></p> <p><b>Questions/Answers</b></p>

	<b>Adjourn</b>
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