



# Scoliosis and Posture

03.Sep - 04.Sep 2018

Cod. O10-18

**Mod.:**

Face-to-face

**Edition**

2018

**Activity type**

Summer course

**Date**

03.Sep - 04.Sep 2018

**Location**

Miramar Palace

**Languages**

Spanish Basque

**Academic Validity**

20 hours

**Organising Committee**



## **Description**

Scoliosis is a morphological alteration of the spine and thorax that can begin its development at different times of growth and even in adulthood. 80% of scoliosis are not associated with a specific pathology, so they are called idiopathic.

It is important to make an early detection of scoliosis, being able to detect the first signs at home, by the mother and the mother, as postural alterations where one shoulder is seen higher than another, one hip higher than the other, a prominence in the back or different asymmetries in the posture, being then confirmed by the specialist doctor and taking an x-ray.

The therapeutic alternatives are initially based on a conservative treatment through specific physiotherapy exercises for scoliosis and the development and manufacture of an individualized and customized corset. In the event that scoliosis continues to progress and worsen the treatment should be surgical.

Therefore, early detection and the correct choice of physiotherapy exercises, as well as the corrective corset, are a basis for avoiding surgery.

## **Objectives**

Know the most important aspects of the human posture for the prevention of musculoskeletal injuries and deformations of the spine.

Describe the most important postural alterations at the level of the spine, as well as the possible vertebral deformations

Recognize and detect in the family environment the warning signs of scoliosis that favor an early diagnosis by the specialist doctor.

Address different conservative treatments for postural alterations and scoliosis.

## **Course specific contributors**



# Program

## 03-09-2018

- 09:00 - 09:15 "Entrega de documentación / Dokumentazio banaketa"  
**Garikoitz Aristegi Racero** Scoliosis & Posture Center - Fisioterapeuta doctor  
**Angel Bidaurrezaga Vandierdonck** UPV/EHU - Profesor
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- 09:30 - 10:20 "Descripción de la postura humana. Anatomía y Postura."  
**Angel Bidaurrezaga Vandierdonck** UPV/EHU - Profesor
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- 10:20 - 11:10 "Alteraciones posturales, síntoma-dolor y repercusión en las actividades de la vida diaria"  
**Garikoitz Aristegi Racero** Scoliosis & Posture Center - Fisioterapeuta doctor
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- 11:15 - 11:30 "Mesa redonda: debate y preguntas"  
**Angel Bidaurrezaga Vandierdonck** UPV-EHU - Profesor  
**Garikoitz Aristegi Racero** Scoliosis & Posture Center - Fisioterapeuta Doctor
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- 11:30 - 12:00 Break
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- 12:00 - 12:50 "Desviaciones de la columna vertebral. Escoliosis idiopática del adolescente. Evaluación clínica, radiológica y diagnóstico. "  
**Ana Lersundi Artamendi** Hospital Universitario Donostia - Médico Traumatólogo. Profesor de la UPV-EHU
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- 12:50 - 13:40 "Tratamiento de la Escoliosis. Modelo integral basado en la International Barcelona Scoliosis Physiotherapy Society (IBSPTS)"  
**Manuel Rigo Caldito** Instituto Elena Salva - Doctor en Medicina y Cirugía
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- 13:45 - 14:00 "Mesa redonda: Debate y preguntas"  
**Ana Lersundi Artamendi** Hospital Universitario de Donostia - Médico Traumatólogo. Profesor de la UPV-EHU  
**Manuel Rigo Caldito** Instituto Elena Salva - Doctor en Medicina y Cirugía
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## 04-09-2018

- 09:15 - 10:00 "Tratamiento conservador de la Escoliosis idiopática mediante el empleo del corsé Rigo Cheneau y ejercicios específicos de fisioterapia"  
**Manuel Rigo Caldito** Instituto Elena Salva - Doctor Medicina y Cirugía
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- 10:00 - 10:45 "Demostración práctica del tratamiento conservador de la Escoliosis mediante ejercicios específicos de fisioterapia basados en la IBSPTS"  
**Garikoitz Aristegi Racero** Scoliosis & Posture Center - Fisioterapeuta Doctor
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- 10:45 - 11:00 "Mesa redonda: debate y preguntas"

11:00 - 11:30

Break

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11:30 - 12:15

“Tratamiento conservador de la escoliosis del adulto (presentación telemática con traducción)”

**Jeb McAvaney** Scolicare - Doctor en Quiropraxia

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12:15 - 13:00

“Tratamiento quirúrgico de la escoliosis.”

**Ana Lersundi Artamendi** Hospital Universitario Donostia - Medico traumatólogo. Profesor UPV-EHU

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13:00 - 13:15

“Mesa redonda: debate y preguntas”

**Ana Lersundi Artamendi** Hospital Universitario Donostia - Medico traumatólogo. Profesor UPV-EHU

**Garikoitz Aristegi Racero** Scoliosis & Posture Center - Fisioterapeuta Doctor

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13:15 - 14:00

“Conclusiones: abordaje integral y multidisciplinar de la escoliosis”

**Manuel Rigo Caldito** Instituto Elena Salva - Doctor Medicina y Cirugía

**Ana Lersundi Artamendi** Hospital Universitario Donostia - Medico traumatólogo. Profesor UPV-EHU

**Garikoitz Aristegi Racero** Scoliosis & Posture Center - Fisioterapeuta Doctor

**Angel Bidaurrezaga Vandierdonck** UPV-EHU - Profesor

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## Directed by



### **Angel Bidaurrezaga Vandierdonck**

Facultad de Medicina y Odontología

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Bachelor of Medicine and Surgery (1986). Doctor in medicine (1995). Participation in education courses (40). 29 years as a teacher in the medical school of the UPV / EHU. \$ months of work as a doctor in Osakidetza. 2004-5 Direct from Bizkaia campus. (years in the governing council of the UEU) Assistant of the Chair of Quality of the UPV / EHU: courses of efacilitador, coordinator, groups of improvement (Galeno, itxura, argia) ... Organizer of 3 congress and 4 scientific days. Publications: Encyclopaedic scientific journals: 12 Disclosure articles: 14 Communications to congresses: 18 Books: 12 Research projects: 17 Teacher in other courses: 24

## Teachers



### **Garikoitz Aristegi Racero**

Scoliosis and Posture Center

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Fisioterapeuta. Lic. en Kinesiología y Fisiatría (UBA). Dr. en Epidemiología y Salud Pública. Técnico Ortoprotésico Miembro del Comité Educativo de la SOSORT (Sociedad Internacional para el tratamiento ortopédico y rehabilitador de la Escoliosis) Coordinador Académico y Docente de Postgrado del Título Propio Terapia Manual y Postura UPV/EHU. Docente del Postgrado Especialista en Ortopedia del Título Propio UPV/EHU. Profesor Internacional de la Barcelona Scoliosis Physical Therapy School (BSPTS-Concept by Rigo). Terapeuta SEAS (Ejercicios de especialización del tratamiento de la Escoliosis - ISICO). Director de la Clínica de Fisioterapia Scoliosis & Posture Center



### **Ana Lersundi Artamendi**

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Lic. en Medicina. Especialista en Cirugía Ortopédica y Traumatológica Traumatólogo especialista en Columna Vertebral Hospital Universitario Donostia. Traumatologo especialista en Cirugía de Columna. Quironsalud Donostia. Profesor asociado Facultad de Medicina UPV/EHU Miembro de la Red Española de Investigación de las dolencias de espalda Miembro de la Sociedad Española para el Estudio de Enfermedades del Raquis (GEER) Miembro de la North American Spine Society (NASS)



### **Jeb McAvaney**

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Dr. Jeb McAvaney Chiropractor and Scoliosis Bracing and Rehabilitation Clinician Masters of Pain Medicine Masters of Chiropractic Accredited Sforzesco TLSO Brace Provider Accredited Cheneau TLSO Brace Provider Accredited Scientific Exercise Approach to Scoliosis (SEAS) Therapist Accredited Gomez Orthotic Systems (GOS) TLSO Brace Provider - Dynamic O&P, Texas USA, Accredited SpineCor Scoliosis Bracing Instructor, The Spine Corporation, UK Accredited SpineCor Scoliosis Physiotherapy Instructor, The Spine Corporation, UK Accredited SpineCor Scoliosis Brace and Physiotherapy Provider, The Spine Corporation, UK Accredited Chiropractic Biophysics Instructor, CBP, USA Accredited Neuromechanical Instrument Adjusting Instructor, USA Accredited SpineCor Scoliosis Bracing Clinician,



## **Manuel Rigo Caldito**

Rigo Quera Salvá SLP, Director Médico. Co-administrador

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Licenciado en Medicina y Cirugía 1981 Doctor en Medicina y Cirugía 2001 Co-Director Médico del Institut Rigo Quera Salvá SLP Profesor de la escuela de Fisioterapia de Gimbernat (1991-2017) Profesor invitado en la Bufadesfachschole für Orthopädie-Technik BUFA, Dortmund (2002-) Editor Asociado de la revista 'Scoliosis and Spinal Disorders' Miembro Fundador y primer Presidente de la SOSORT (International Society of Scoliosis Orthopaedic and Rehabilitation Treatment). SOSORT Advisory Board. Fundador y Chair de la BSPTS (Barcelona Scoliosis Physical Therapy School)

# Registration fees

<b>REGISTRATION</b>	<b>UNTIL 01-02-2018</b>	<b>UNTIL 31-05-2018</b>	<b>UNTIL 03-09-2018</b>
INVITATION	0 EUR	-	-
<a href="#">GENERAL</a>	-	60,00 EUR	70,00 EUR
<a href="#">REDUCED FEE</a>	-	35,00 EUR	-
<a href="#">REGISTRATION EXEMPTIONS</a>	-	20,00 EUR	20,00 EUR
<a href="#">SPECIAL FEES</a>	-	-	35,00 EUR
<a href="#">REDUCTION FOR OSAKIDETZA</a>	-	-	15,00 EUR
<a href="#">INVITED OSAKIDETZA</a>	-	-	0 EUR

## **Place**

### **Miramar Palace**

Pº de Miraconcha nº 48. Donostia / San Sebastián

Gipuzkoa