

# Life University Pediatric and Prenatal Certification Program by Dr. Claudia Anrig

**Instructor:** Patrick Montgomery, DC, MS, LCP, FASA, FICC

## **Course Title: Scoliosis Syndrome- Systemic Condition & Its Management**

4 Hour Virtual Program

### **Course Description:**

**1<sup>st</sup> hour:** What is a scoliosis? In depth explanation of what a scoliosis is and the different forms. A description of the influences that contribute to the development and progression of scoliosis are described and explained. These include heredity/genetics, neuromuscular, postural, nutritional, and endocrine influences. Psychological considerations. History taking, outcome assessment tools designed for the detection of scoliosis syndrome. Physical Examination procedures necessary to detect possible scoliosis will be covered, including TRACE Scores, SAMs units/postural analysis, Beighton Scale. Specific orthopedic tests are demonstrated and explained: Pace test, Beatty's test.

**2<sup>nd</sup> hour:** Blood analysis and soft tissue analysis associated with detection of forms of scoliosis. The causes of unleveling and their detection via physical and imaging examinations. Navicular drop test, Allis' test, Ferguson's angle, foot flare, muscular imbalances.

**3<sup>th</sup> Hour:** X-ray and other imaging that are used to confirm and evaluation the extent of scoliosis is also discussed in detail. Evaluation via Cobb angles, Risser Signs, the influence of Heuter-Volkman Rule and Julius Wolfe Law. The explanation and biomechanical influence of the Vicious Cycle in the development and progression of scoliosis. Neurological implications of spinal distortions on physical growth and relationship with proprioception of the external environment.

**4<sup>th</sup> Hour:** Treatment and Management strategies. Heel lifts, ischial lifts, whole foot lifts, dietary/meal recommendations, nutritional supplementation, select Chiropractic Adjusting recommendations from assorted techniques: Gonstead, Spears, Cox, CBP, SOT, Logan Basic, Instrument assisted, extremity, Biocranial, etc. Considerations of scoliosis co-morbidities: migraine and other headaches, TMJ disorders, torticollis, unilateral Upper Cross syndrome (and its comorbidities), recurrent rib subluxations, costal chondritis, lumbar disc herniations, piriformis syndrome, compartment syndromes (shin splints), plantar fasciitis, etc. Auxiliary management forms that may be involved in the management of scoliosis, bracing, rehab exercises, and dietary recommendations are discussed in detail. Surgical considerations. Introduction to the Team/integrated approach to management, what are the important parts of the team approach and how to build a team for the best interests of the patient.

Reference research articles will be cited and linked.