

“Complex diagnostics and therapy of postural defects, Scheuermann's disease and scoliosis according to FITS Method”

Part I

1. FITS Method history
2. FITS Method – the main principles, stages of correction building
3. Phasic and tonic muscles. Biomechanical model of the spine
4. Foot - theory, foot defects, foot examination.
5. Sensory motor balance training
6. Trigger points - theory, indications and contraindications for trigger point therapy
7. Trigger point therapy
 - manual mobilization
 - positional release
 - integrated neuromuscular inhibition technique (INIT)
 - transcutaneous stimulation
8. Calf muscle relaxation techniques:
 - Peroneus longus, tibialis anterior and posterior muscles
 - Gastrocnemius and soleus muscles
9. Patient examination
10. Knee joint – theory, knee defects:
 - Hyperextension of the knee
 - Genu valgus
 - Genu varus
11. Thigh muscle relaxation techniques:
 - Thigh extensors (semimembranosus, semitendinosus, biceps femoris)
 - Thigh adductors (longus, magnus and gracilis)
12. Correction patterns for pelvis and lower limbs for Th/L scoliosis
13. Thigh muscle relaxation techniques:
 - Thigh abductors (tensor fasciae latae)
 - Thigh flexor (rectus femoris)
14. Pelvis examination
15. Pathomechanics of scoliosis (theories and classification of curvatures, compensation mechanism)
16. Risk factors for scoliosis progression
17. Lower limb length examination
18. Correction patterns for scapula and upper limbs for Th scoliosis
19. Piriformis muscle relaxation
20. Lower trunk stabilization
21. The influence of gravity on scoliosis in different starting positions – therapeutic analysis
22. Home therapy and its meaning

The course program includes the presentation of patient's treatment by the instructors.

Part II :

1. Theoretical exam from the course Part I
2. Correction patterns for 2 curve scoliosis, exercises in closed and open biokinematics chains
3. Relaxation techniques for ilio-lumbalis muscle
4. Diaphragm - theory, relaxation of the diaphragm dome, tendon center, arcuate ligaments, diaphragmatic cruses
5. Relaxation techniques for pectoralis muscles
6. Chest relaxation techniques, derotation breathing exercises
7. Trunk muscles relaxation techniques : latissimus dorsi, erector spinae
8. Correction shift examination for Th/L scoliosis in sitting and standing position
9. Relaxation of quadratus lumborum muscle
10. Increasing the Th / L scoliosis shift towards correction
11. Pelvic therapy: pelvic derotation techniques through the iliac bone
12. Pelvic therapy: sacral techniques
13. Breathing derotation exercises in correction patterns at various starting positions
14. X-ray analysis
15. Scheuermann's disease
16. Structural and functional compensation
17. Correction patterns for 3 curve scoliosis

Part III

1. Theoretical exam from the course Part II
2. Relaxation of the trapezius and levator scapulae muscles
3. Neck muscles relaxation techniques:
 - Suboccipitale muscles
 - Sternocleidomastoid muscle
 - Scaleni muscles
4. Torticollis as a dysfunction that predisposes the formation and development of scoliosis
5. Conservative treatment of scoliosis - braces (lecture by Prof. PhD, MD Tomasz Kotwicki - Head of the Clinic of Spinal Diseases and Pediatric Orthopedics)
6. Surgery for scoliosis - (lecture by Prof. PhD, MD Tomasz Kotwicki - Head of the Clinic of Spinal Diseases and Pediatric Orthopedics)
7. Changing correction patterns after building functional compensation
8. Fascial dysfunctions associated with scoliosis
9. Main principles of muscle chains according to Myers
10. Relaxation techniques for scoliosis - Superficial Back Line (SBL)
11. Relaxation techniques for scoliosis - Superficial Front Line (SFL)
12. Relaxation techniques for scoliosis - Deep Front Line (DFL)
13. Relaxation techniques for scoliosis - Lateral Line (LL)
14. Increasing correction shift for Th/L and L scoliosis based on myofascial chains
15. Relaxation techniques for scoliosis - Spiral Line (SL).
16. Derotation techniques for Th and Th/L scoliosis in side lying and sitting positions
17. Self-correction
18. Practical exam

19. Long-term therapy planning. Consolidation of more difficult techniques
20. Course summary, answers to participants questions
21. Graduation certificates

The third part of the course includes 3 x 1 hour of practical work of course participants with patients. At the end of the practical part - discussion of patients treatment. The entire training in the FITS Method includes about 20% of theory and 80% of practical exercises by participants and work with the patient.