

The plan of the diagnostic course for doctors:

**"Diagnosis of posture defects, scoliosis, Scheuermann disease  
and chest defects according to the FITS Method"**

1. Pathomechanics of scoliosis and Scheuermann disease.
2. Clinical examination of a patient with posture defect, scoliosis and Scheuermann's disease (how to recognize the first symptoms of these diseases, what additional tests need to be done and where to direct the patient after determining diagnosis).
3. History and assumptions of the FITS Method.
4. Lower limb abbreviation assessment - functional or actual. Whether and when to provide the insert - the type of insert used.
5. Assessment of feet and knees (varus, valgus, hyperextension).
6. Sensory motor balance training.
7. Analysis of X-ray images: measurement of the Cobb angle, rotation angle according to Raimondi, Perdiolle, assessment of bone maturity with the Risser test, primary and secondary scoliosis, structural compensation, wedge-shaped vertebrae, butterfly vertebra. Functional compensation.
8. Braces treatment: when to order a brace, choice of brace, how long to use it, when and how to put it off, how to combine brace treatment with exercises?
9. Surgical treatment of scoliosis and Scheuermann's disease: indications for surgery, choice of method, preparation for surgery, postoperative management.
10. Demonstration of the effects of therapy, correction method and the possibility of clinical and radiological change in patients with scoliosis and Scheuermann's disease.
11. Correction patterns according to the FITS Method.
12. Myofascial bands in scoliosis therapy.

The training includes full diagnosis of scoliosis and Scheuermann's disease (does not include therapy learning). Training participants will be able to examine the child clinically, value an X-ray picture and order appropriate further treatment (specific physiotherapy, orthopedic consultations, brace or surgery).