

FITS METHOD- Comprehensive diagnostics and treatment of scoliosis, postural defects and Scheuermann's disease.

PART 1

1. FITS Method –history, the main principles, stages of correction building
2. Biomechanical model of the spine
3. Biomechanical analysis, examination, correction of the foot and knee
4. Sensory motor balance training, lumbo - pelvic stabilization
5. Myofascial techniques for the lower limbs
6. Clinical examination of the patient with scoliosis according to FITS method
7. Clinical examination of the pelvis and lower limb length assessment
8. Correction patterns for pelvis and lower limbs for Th/L scoliosis
9. Scolio-geny- aetiology, pathogenesis and pathomechanism of scoliosis
10. Risk factors for scoliosis progression
11. Scoliosis classification according to FITS method
12. Correction patterns for scapula and upper limbs for Th scoliosis
13. Correction patterns for 2 curve scoliosis in closed and open biokinematics chains
14. Examination of the correction shift for primary curve in functional positions
15. Myofascial techniques for trunk and pelvis muscles
16. Therapy for the increasing correctional shift movement
17. Functional compensation – principles.
18. patient's autotherapy for homework

PART II

1. Functional and structural compensation, the key for planning corrective patterns
2. Corrective patterns in functional positions, correction patterns for 3 curve scoliosis
3. Patient therapy presentation
4. Diaphragm – examination and therapy
5. Myofascial techniques for chest to facilitate derotational breathing for Th and Th/L scoliosis
6. 3D derotational breathing for Th and Th/L scoliosis
7. Analysis of the X-ray pictures of scoliotic and Scheuermann's disease patients
8. Functional body posture default in sagittal plane- ADL autocorrection
9. Scheuerman's disease- examination and therapy

10. Myofascial techniques for cervical spine and shoulder girdle muscles. (suboccipital, sternocleidomastoideus, levator scapulae, trapezius, pectoralis major and minor, latissimus dorsi and erector spinae)
11. Brace treatment of scoliosis
12. Corrective patterns in brace, 3D breathing in brace.
13. Scoliosis therapy using myofascial chains
14. Derotational techniques for one and double curve scoliosis
15. scoliosis 3D autocorrection in ADL
16. Long term therapy planning

The second 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 patients