



# 2<sup>nd</sup> Saudi Spine Society Annual Conference

## Promoting Excellence in Multidisciplinary Spine Care

### Pre-Conference Workshop #8

## Management of scoliosis: specific exercises and manual techniques

Chairperson:


**Mr. Abdullah AlMuahya**



Limited Seats



الهيئة السعودية للتخصصات الصحية  
Saudi Commission for Health Specialties

 **November 17, 2018**

 **01:00pm - 05:00pm**

**Jeddah Hilton Hotel**

**HRS  
CME  
ACCREDITED**

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## Learning Objectives :

This workshop will focus on scoliosis assessment and the specific treatment plans from physical therapy , point of view based on the updated evidence. Understand background for the use of the Physical therapy , Methods in the treatment of scoliosis Steps of non-surgical treatment. Perform an individualized scoliosis evaluation, passive and active corrections in five different starting position. Bracing, and education will be , covered. The workshop will also highlight the correction positions and the outcome measurements used , to monitor progress.

## Faculty :

**Mr. Abdullah Almuhaaya**

MSK & Sport PT, PhysioTrio clinic, Riyadh

DOMP & lecturer in Osteopathic college of Ontario , Canada

Teacher of SPS system from Spiral Stabilization Institute, Czech republic

## TIMETABLE

TIME	TOPIC
01:00 – 01:30 pm	Physical therapy Methods in the treatment of scoliosis .
01:30 – 02:00 pm	Evidence on non-surgical treatment of Idiopathic Scoliosis .
02:00 - 03:30 pm	Scoliosis evaluation. " Hands-on "
03:15 - 03:30 pm	<b>Coffee Break</b>
03:30 - 04:00 pm	Passive and Active corrections. " Hands-on "
04:00 - 04:50 pm	Specific treatment program
4:50 pm	<b>End of Day1</b>