



Dear Physiotherapist,

Announcement: RIGO CONCEPT (PSSE) Level 1 SINGAPORE course 2023
Registration NOW OPEN!

Date: Sunday 19 – Friday 24 February, 2023 (6 days)

Location: UMove, 2 Telok Blangah way #02-07, inside Safra Club, Mount Faber, Singapore

Course participant numbers: 8 maximum

The Rigo Concept certification provides comprehensive education and skills regarding Physiotherapy Scoliosis Specific Exercise (PSSE).

General Objectives of the Rigo Concept (PSSE) certification course:

1. To provide the physiotherapist specific information and knowledge about scoliosis (assessment, natural history, prognosis and treatment) to become a qualified member of a multidisciplinary team, according to SOSORT (International Society of Scoliosis Orthopaedic and Rehabilitation Treatment)
2. To develop clinical reasoning ability when facing the different theories regarding the causes and development of scoliosis, the assessment systems and the treatment strategies, specifically relating to non-surgical approaches (rehabilitation and bracing)

Specific Objectives of this Level 1 course:

- Describe the General Principles of the Rigo Concept (BSPTS)
- Establish Specific Principles of Correction to treat scoliosis and structural hyperkyphosis
- Learn the Correction Strategies needed for each specific case and their application in the different treatment positions
- Develop a treatment plan appropriate for a specific patient, considering their clinical and radiological aspects
- Learn the Unloaded Starting Positions (Semi-hanging, Supine, Prone on Knees, Prone on Stool, Side Lying) for the different curve patterns
- Carry out PSSE treatments applying the 3D BSPTS correction principles to create therapeutic tensions for each curve pattern.

This Level 1 course builds upon the Base Course information (approx. 10 hours on-line) providing further education relating to the anatomy, etiology, clinical and radiological examination (Cobb angles, vertebral rotation measures, Central Sacral Line, Transition Point, Risser stage etc), curve classification as per Rigo Concept Classification, and treatment guidelines.

The course then focuses on in-depth understanding and application of the 3-D Principles of Correction using the Rigo Concept (originating from the original Schroth) for structural scoliosis as well as structural hyperkyphosis conditions.

The goals of treatment are to facilitate correction of the altered posture and teach the patient to maintain corrections in daily living in order to minimize progression of the curve and optimize quality of life.

This Level 1 teaches 'Unloaded' exercises with transference into upright awareness and the activities of daily living (ADL's).

The course balances lectures and practical sessions and includes patient demonstrations. Additional topics include bracing, home program prescription and core stabilisation exercises. Course numbers

are strictly limited to 8 attendees to ensure high quality of teaching, student supervision and support. Students complete a written examination at the end of the course.

At the end of this Level 1 course, you will be very equipped to manage idiopathic scoliosis in both adolescents and adults. Level 1 trained physiotherapists must take the Level 2 training course within 3 years to continue on the certification pathway. In brief, Level 2 delves deeper into the Concept and introduces more exercise variations of the unloaded exercises, together with advanced facilitation techniques and teaches new specific exercises in upright positions. There are more advanced bracing lectures as well as comprehensive lectures on adult degenerative scoliosis management. The Level 3 course brings in surgical management (these are mentioned in earlier Levels when appropriate), complex case management and managing group classes amongst other things.

RIGO CONCEPT (PSSE) Level 1 SINGAPORE course 2023

Register here: <https://scoliosisphysiotherapy.com.au/product/rigo-concept-level1-course/>

Date: Sunday 19 – Friday 24 February, 2023 (6 days)

Course Venue: UMove, 2 Telok Blangah way #02-07, inside Safra Club, Mount Faber, Singapore

Start and finish times: 9am – 6pm daily

Course participant numbers: Strictly limited to 8 participants

Food included during the course: morning and afternoon tea refreshments (please advise of any dietary requirements)

Teacher: Rebecca Harding, Rigo Concept (BSPTS) Scoliosis Teacher, Asia Pacific Manager

Course cost: \$3860.00 Australian dollars (AUD)

Course language: English

Click here for Registration: <https://scoliosisphysiotherapy.com.au/product/rigo-concept-level1-course/>

If you are interest in joining this Level 1 Singapore, please do not delay in registering, as numbers are strictly limited to 8 participants. After you have secured your place, please organise to complete the on-line Base course, booked through the BSPTS website <https://bspts.net/bspts-courses/>. The Base course consists of approximately 40 mini lectures (about 10 - 15 minutes each), taking approximately 8 - 10 hours to complete. You may complete the lectures at your leisure however you need to (at the latest) have it completed within a fortnight of Level 1 course commencement.

We look forward to sharing our scoliosis knowledge with you.
See you in Singapore!