



The Barcelona Scoliosis Physical Therapy School (BSPTS) provides Rigo Concept courses pertaining to the management and treatment of Scoliosis and other spinal disorders affecting alignment. Courses are for Medical Doctors, Physiotherapists and Orthotists.

The Rigo Concept course for Physiotherapists, teaches successful physiotherapy management within a multidisciplinary setting utilising Physiotherapy Scoliosis Specific Exercise (PSSE). This course for physiotherapists is termed Rigo Concept (PSSE).

The Rigo Concept (PSSE) certification pathway is comprehensive and of high quality, where attendee numbers are kept low to ensure maximum support and guidance by the Teachers, both during the courses and between them. Complete certification involves steady movement through 4 stages:

- Base Level: Online (8 hours) covering foundation knowledge on scoliosis and other structural alterations of the spine
- Level 1: In-person 6-day course (8 hours/day, total 48 hours) covering specific treatment principles, correction strategies and unloaded starting positions for idiopathic scoliosis
- Level 2: In-person 6-day course (8 hours/day, total 48 hours) covering upright loaded and advanced exercises, adult degenerative scoliosis, bracing and supervision of patient treatment
- Level 3: In-person 6-day course (8 hours/day, total 48 hours) covers post-surgical, complex case and group treatment management

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

1. To provide the physiotherapist specific knowledge and skills about scoliosis (natural history, prognosis, assessment and treatment) to become a qualified member of a multidisciplinary team, according to the International Society of Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT)
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)

**BASE COURSE**

The online Base course is offered to any health professional interested in acquiring foundation knowledge about scoliosis and other spinal disorders.

It consists of approximately 40 mini lectures (about 10 - 15 minutes each), taking about 8 - 10 hours to complete online. Lectures may be completed at your leisure within a 4-month period however physiotherapists wishing to move onto the Level 1 course must have it completed at least 2 weeks prior to the Level 1 so that successful completion may be verified.

The online Base course is booked through the BSPTS Rigo Concept website: <https://bspts.net/bspts-courses/>

Specific Objectives of the Base course:

To educate the students to:

- Be an active member of a multidisciplinary team, for the treatment of scoliosis and other structural conditions altering alignment

- Understand the etiopathogenesis and pathomechanism of the morphological alterations of the spine in the sagittal plane, as well as in 3D idiopathic scoliosis
- Carry out a clinical and functional assessment of the patient with scoliosis and derive a complete clinical history
- Make a correct clinical diagnosis of the morphological alterations of the sagittal plane and 3D scoliosis.
- Use and interpret the Quality-of-Life questionnaires for patients with scoliosis
- Assess and interpret additional radiological tests of the patient with scoliosis using digital tools for its assessment, diagnosis, comprehension and prognosis
- Assess, analyse and understand the application of bracing treatment used in structural alterations of the spine
- Understand the importance of the use of scientific evidence in the non-surgical treatment of the scoliosis
- Apply the SOSORT Guidelines for Clinical Practice, published in 2018

After the Basic level has been successfully completed, physiotherapists may go forward to Level 1.

### **LEVEL 1**

The Level 1 course educates physiotherapists about general and specific principles relating to treatment, correction strategies that may be implemented depending on curve type and exercise positions for idiopathic scoliosis and structural hyperkyphosis.

It is a 6 day in-person course totalling 48 education hours (8 hours/day) involving a mix of theoretical and practical work whereby the majority of the course is practical (70%).

This Level 1 course builds upon the Base Course information 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) and curve classification as per the Rigo Concept Classification.

There is strong focus on providing in-depth understanding and application of, the 3D Principles of Correction using the Rigo Concept for treatment and working within treatment guidelines.

The goals of treatment are to facilitate correction of the altered posture and teach the patient to maintain corrections in daily life 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) as well as the importance of 'Looking after the person, not just the curve' (Dr Manual Rigo MD).

The course includes patient demonstrations and balances lectures and practical sessions with additional topics include bracing, home program prescription, core stabilisation exercises as well as a lecture describing the Rigo Concept history and its development from Schroth origins.

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.

#### **Specific Objectives of the 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.

Level 1 courses in Australia and Singapore may be booked through <https://scoliosisphysiotherapy.com.au/product/rigo-concept-level1-course/>

At the end of this Level 1 course, you will be very equipped to manage idiopathic scoliosis in both adolescents and adults. To continue on the certification pathway, Level 1 trained physiotherapists must take the Level 2 training course within 3 years. 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.

## **LEVEL 2**

This Level 2 course is provided in-person over 6 days, totalling 48 education hours (8 hours/day). It is mainly practical (80%) and includes students working with real patients and learning new theoretical knowledge.

The 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 detailed lectures on adult degenerative scoliosis management.

### **Specific Objectives of the Level 2 course:**

- Describe the General Principles of the Rigo Concept (BSPTS)
- Consolidate the Specific Principles of Correction to treat the scoliosis
- Define scoliosis in adults: adult degenerative scoliosis (de novo scoliosis) and adults with adolescent idiopathic scoliosis
- Understand the clinical and radiological aspects of the adult patient with scoliosis and the differences between the types
- Differentiate and understand the correction principles applied in Rigo Concept braces
- Enhance the application of the Pre-defined Strategies of Correction pertaining to individual case treatment in new exercise positions
- Develop a treatment plan appropriate for the clinical and radiological aspects specific to the patient

There will be a written and a practical assessment at the end of Level 2 that upon successful passing, permits the physiotherapist to move into the final Level 3. In brief, the Level 3 course brings in post-surgical management (these are mentioned in earlier levels when appropriate), complex case management and managing group classes, amongst other things.

Level 2 courses in Australia and Singapore may be booked through:  
<https://scoliosisphysiotherapy.com.au/product/rigo-concept-level2-course/>

### **LEVEL 3**

Level 3 is an in-person course provided over 6 days totally 48 education hours (8 hours/day). There is an even split between theoretical lectures and practical sessions.

Practical sessions include working with real patients who have structural alterations in spinal alignment.

The Level 3 course brings in post-surgical management, complex case management and managing group classes, amongst other things.

#### **Specific Objectives of the Level 3 course:**

- Learn about the current surgical approaches for patients with scoliosis
- Understand the most common post-operative complications presenting to physiotherapy
- Critically reason complex cases and required modifications to your treatment plan (goals and treatment)
- Learn how to manage a group of patients simultaneously
- Establish a strong team around the patients with scoliosis
- Completely understand the importance of 'Looking after the person, not just the curve' (Dr Manual Rigo)

At the end of Level 3 there is a practical exam whereby upon successful completion, the physiotherapist will be awarded their Certificate of Completion in Rigo Concept (PSSE) as provided by the BSPTS.

Level 3 courses in Australia and Singapore may be booked through:  
<https://scoliosisphysiotherapy.com.au/product/rigo-concept-level3-course/>