## BSPTS <br> Rigo Concept (PSSE) <br> Level 1 Training

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## Alteration of Sagittal Alignment Scoliosis

## EU1: Rigo Concept BSPTS

B) PT $\xlongequal[\begin{array}{l}\text { RIGO } \\ \text { CONCEPT }\end{array}]{ }$

## BSPTS PRE-HISTORY AND HISTORY



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Garikoitz Aristegui

NEW BSPTS
'Build a strong and heathy structure to make the BSPTS a leader in its field, able to uphold in the long term its philosophy

# B PT ( <br> BARCELONA SCOLIOSIS PHYSICAL THERAPY SCHOOL 

## The 'Rigo Concept' covers three different Topics:

## 1. Management <br> 2. Bracing <br> 3. Physiotherapy Scoliosis Specific Exercises (PSSE)

## Every Topic covers three spheres of knowledge

BSPTS
Rigo Concept
PSSE

- Scoliosis as Transversal Plane Deformity
- Growth Induced Torsion
- Other Mechanisms
- General Principle of Correction

BSPTS PSSE Technique

- BSPTS General Principles
- Specific Principles of Correction
- Pre-defined Strategies of Correction
- 3D Best Possible Alignment
- Different Touching Formats
- Integration Techniques



## Educational Program



## Certification Rigo Concept BSPTS. Course for physiotherapists specialized in the management of Scoliosis and other spinal deformities.

| Basic Level | Basic knowledge on scoliosis and other alterations of the spine |
| :--- | :--- |
| Nivel 1 | Rigo Concept BSPTS. Specific treatment principles, correction strategies and basic positions | | Nivel 2 | Rigo Concept BSPTS. Advanced exercises and supervision of treatment |
| :--- | :--- |
| Nivel 3 | Rigo Concept BSPTS. Adults, post-surgery, team work and orthopedic treatment with corset Rigo- <br> Cheneau |

## Educational Program



|  | Contents |
| :--- | :--- |
| EU1: Rigo Concept BSPTS | Rigo Concept BSPST History. Spheres of Knowledge. <br> Educational plan to get the certification. <br> Introduction to Rigo Concept |
| EU2: Sagittal Profile. | Pelvic parameters. Roussoully type, Scheuermann <br> xRay Lab: PI, SS, PT, MLL, MTK, SSA, ST, C7, plumb line, Roussouly Type |
| Theory and xRay Lab | For what we do? General and Main Objetive <br> What we do? General Principle of the Rigo Concept <br> How we do? Introduction <br> General principle of Correction <br> Specific principles of Correction <br> Pre-defined strategies of Correction |
| EU3: Rigo Concept Principles | Apply Rigo Concept principles in the Sagittal Alterations |
| EXpansion Technique Experience |  |

## Educational Program

## Level 2

Level 2

| EU1: Revision of Level 1 | Contents |
| :--- | :--- |
| EU2: Advanced Exercises | Revise the basic concepts related to the clinical and radiological <br> assessment and classification of the patient with scoliosis based on <br> the BSPTS Concept by Rigo. |
| EU3: Practical supervision | Description of the advanced exercises for the treatment of scoliosis <br> based on the BSPTS Concept by Rigo. |
| Assessment Knowledge | Supervision of each student while treating patients with scoliosis <br> and alterations of the spine. |

## Educational Program

## Level 3

## Level 3

| EU1: Adult Scoliosis | Contents |
| :--- | :--- |
| EU2: Surgical Approach | Define the scoliosis in adults and novo scoliosis |
| Current Surgical approaches to treat patients with scoliosis |  |
| and post-surgery treatment. |  |
| EU4: Orthopedic Treatment | Cstablish the strategies needed to manage and treat in 'group <br> sessions' patients with scoliosis. <br> charecterion principle used in orthopedics and the Rigo-Cheneau brace. |
| Assessment of knowledge, <br> certification and end of <br> formation |  |

