

Rigo Concept Level 1 Online Schedule

1st day (8th of February)			
9:00 am (Spain-Madrid time)	Individual Presentation	14:00 pm	General Principles Rigo Concept
9:30 am	Rigo Concept BSPTS History	15:00 pm	Alteration of Sagittal Profile: <ul style="list-style-type: none"> • General principles of correction • Specific principles of correction • Pre-defined strategies of correction • Scheuermann Types
10:00 am	Introduction educational plan		
10:30 am	Sagittal Profile: <ul style="list-style-type: none"> • Pelvic Parameters • Roussouly • Scheuermann 	16:30 pm	Expansion Technique Experience
12:15 am	Sagittal xRay Lab: PI, SS, PT, MLL, MTK, SSA, ST, C7 plumb line, Roussouly Type	17:30 pm	Starting position Group 1: <ul style="list-style-type: none"> • Hanging
13:00		18:00	Model: The student

2nd day (9th of February)			
9:00 am	1st day Review	14:00 pm	Starting Position Group 1: 1st day practice review - supervised
9:30 am	Rigo Concept Classification	17:00 pm	2nd day Exercises <ul style="list-style-type: none"> • Prone of Knees • Prone on Stool
10:30 am	Starting Position Group 1: <ul style="list-style-type: none"> • Semihanging, • Semihanging with elastic band • long hanging, • short hanging 		
13:00		18:00	Model: Group 1 patient Pelvis correction, passive tools and integration

3rd day (10th of February)			
9:00 am	2nd day Review	14:00 pm	Nomenclature
9:30 am	Scoliosis	14:15 pm	Starting Position: Scoliosis 3C <ul style="list-style-type: none"> • Hanging • Prone of Knee • Prone on Stool • Supine Model: Group 2- 3C patient
10:30 am	Scoliosis 3C: <ul style="list-style-type: none"> • Description • Principles of correction 		
11:30 am	XRay - Scoliosis - Theory		
12:15 am	Scoliosis xRay Lab: Cobb, TP, CSL, Alfa Angle, Risser, Nash y Moe, Raimondi		
13:00		18:00	

4th day (11th of February)			
9:00 am	3rd day Review	14:00 pm	Starting Position: Scoliosis 4C <ul style="list-style-type: none"> • Hanging • Prone of Knee • Prone on Stool • Supine • Side Lying Model: Group 2 -4C patient
9:30 am	Starting Position 3C: 3rd day practice review - supervised 4th day Exercises for 3c: MASTER CLASS Side Lying <ul style="list-style-type: none"> • Side Lying Model: Group 2- 3C patient and student		
11:30 am	Scoliosis 4C: <ul style="list-style-type: none"> • Description • Principles of correction 		
13:00		18:00	

5th day (12th of February)			
9:00 am	4th day Review	14:00 pm	Starting Position: Scoliosis N3N4 <ul style="list-style-type: none"> • Hanging • Prone of Knee • Prone on Stool • Supine • Side Lying
9:30 am	Starting Position 4C: 4th day practice review - supervised Model: Group 2- 4C patient		
10:30 am	Scoliosis N3N4: <ul style="list-style-type: none"> • Description • Principles of correction 		
11:45 am	Scoliosis L-TL: <ul style="list-style-type: none"> • Description • Principles of correction 	16:00 pm	Starting Position: Scoliosis L-TL <ul style="list-style-type: none"> • Hanging • Prone of Knee • Prone on Stool • Supine • Side Lying
13:00			
18:00			

6th day (13th of February)	
9:00 am	Knowledge assessment
11:00 am	Knowledge assessment results and comments
12:00 am	Guideline to Level 2
13:00	End of L1 course

	Theoretical classes
	Practical classes