



COLUMBIA UNIVERSITY

*College of Physicians
and Surgeons*



New York-Presbyterian
Morgan Stanley Children's Hospital

4th Annual Non Operative Treatment of Childhood Scoliosis

Thursday, May 18, 2017



Course Directors

Prachi Bakarania, DPT, BSPTS Scoliosis Therapist, *Physical Therapist*, Department of Orthopaedic Surgery, Columbia University College of Physicians & Surgeons, New York, New York

Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth-Barcelona Institute Educator *Co-Director*, Center for Conservative Care of Spine and Scoliosis, Columbia University College of Physicians & Surgeons, New York, New York

Amber Sentell Mizerik, PA-C, *Physician Assistant*, NewYork-Presbyterian Hospital, New York, New York

Michael G. Vitale, M.D., M.P.H., *Ana Lucia Professor of Pediatric Orthopaedic Surgery (in Orthopaedic Surgery) at CUMC*; *Chief*, Pediatric Spine and Scoliosis Surgery; *Co-Director*, Pediatric Orthopaedics, Columbia University College of Physicians & Surgeons, New York, New York

Faculty

Sunil K. Agrawal, Ph.D., *Professor of Mechanical Engineering and of Rehabilitation and Regenerative Medicine*, Columbia University, New York, New York

Lori A. Dolan, Ph.D., Department of Orthopaedics and Rehabilitation, University of Iowa Carver College of Medicine; *Associate Research Scientist*, University of Iowa Healthcare, Iowa City, Iowa

Gail P. Fennell, PT, BSPTS, C2, *Schroth Therapist*; *Owner*, CT Scoliosis and Spine Rehab, LLC, Ridgefield, Connecticut

Kelly Grimes, DPT, GCS, OCS, BSPTS, C2, *Physical Therapist*, Columbia University College of Physicians & Surgeons, New York, New York

Jennifer Hope, RN, MS, CPNP, *Instructor in Nursing at CUMC*, Columbia University College of Physicians & Surgeons, New York, New York

M. Timothy Hresko, M.D., *Associate Professor in Orthopedic Surgery*, Harvard Medical School, Boston, Massachusetts

Andrea Lebel, Registered Physiotherapist, M.Sc. (PT), MCPA, BSPTS/Schroth Scoliosis Therapist, *Owner and Director*, Ottawa & District Physiotherapy Clinic, Ottawa, Canada

Marissa M. Muccio, PT, *Owner and President*, Scoliosis Specialty Center, a division of PRNY, PC, Totowa, New Jersey

Chintan A. Pancholi-Parekh, PT, MSPT, DPT, *Owner and Vice-President*, Scoliosis Specialty Center, a division of PRNY, PC, Totowa, New Jersey

Benjamin D. Roye, M.D., M.P.H., *Assistant Professor of Orthopedic Surgery at CUMC*, Columbia University College of Physicians & Surgeons, New York, New York

James O. Sanders, M.D., *Director of Pediatric Surgical Services*, Golisano Children's Hospital at Strong; *Professor of Orthopaedics and Pediatrics*, University of Rochester Medical Center, Rochester, New York

Leah Stoltz, *Founder*, Curvy Girls Foundation, Smithtown, New York

Ellen Su, *Co-Founder*; *Chief Executive Officer*, Wellinks Inc, New Haven, Connecticut

John Tunney, BOCPO, East Coast Orthotic & Prosthetic Corp

Rebekah Wallach, PT, DPT, BSPTS, *Instructor in Clinical Rehabilitation and Regenerative Medicine (Physical Therapy)*, Columbia University College of Physicians & Surgeons, New York, New York

Stuart L. Weinstein, M.D., *Ignacio V. Ponseti Chair and Professor of Orthopaedic Surgery*; *Professor of Pediatrics*, University of Iowa Carver College of Medicine, Iowa City, Iowa



May 18, 2017

8:45 a.m. *Registration; Continental Breakfast; Networking; Exhibits*

9:30 a.m. Welcome and Introduction
Michael G. Vitale, M.D., M.P.H.

EARLY ONSET SCOLIOSIS

Moderator: Michael G. Vitale, M.D., M.P.H.

9:35 a.m. Casting for Infantile Scoliosis
Benjamin D. Roye, M.D., M.P.H.

9:50 a.m. Modified Schroth for the Young Child
Andrea Lebel, RPT, MCPA, Scoliosis Specific SEAS I, Schroth, BSPTS C2 Certified Physiotherapist

10:00 a.m. Panel Discussion

10:10 a.m. Family Experiences: Bracing, Casting and Schroth
Moderator: Amber Sentell Mizerik, PA-C

10:25 a.m. Panel Discussion

10:30 a.m. *Refreshment Break*

ADOLESCENT IDIOPATHIC SCOLIOSIS: BEST PRACTICES IN AIS

Moderator: James O. Sanders, M.D.

10:45 a.m. Best Practices for Bracing in Adolescent Idiopathic Scoliosis
Stuart L. Weinstein, M.D.

11:00 a.m. How Skeletal Staging Can Effect Care
James O. Sanders, M.D.

11:15 a.m. The Effect of Compliance and Correction on Progression
Lori A. Dolan, Ph.D.

11:25 p.m. Beyond the Brace: The Role of Monitoring and Feedback in Patient Engagement and Compliance
Ellen Su

11:35 a.m. Panel Discussion

11:45 a.m. Correction and Balance in the Rigo Brace
John Tunney, BOCPO

11:55 a.m. Characterizing Upper Body Stiffness in Healthy Young Women Using a Dynamic Spine Brace
Sunil K. Agrawal, Ph.D.

12:05 p.m. Panel Discussion

12:10 p.m. Mechanisms of Scoliosis Progression
James O. Sanders, M.D.

12:20 p.m. Non Operative Management of Scoliosis: The SRS Perspective
M. Timothy Hresko, M.D.

12:35 p.m. Choosing the Most Conservative Operative Treatment
Michael G. Vitale, M.D., M.P.H.

12:45 p.m. Panel Discussion

12:50 p.m. *Lunch*

CONSERVATIVE TREATMENT OF IDIOPATHIC SCOLIOSIS: SCOLIOSIS SPECIFIC PHYSICAL THERAPY

Moderator: Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth-Barcelona Institute Educator

- 1:45 p.m. **Schroth: Overview and the Importance of Sagittal Balance**
Hagit Berdishevsky, PT, MSPT, DPT, MDT, Schroth-Barcelona Institute Educator
- 2:00 p.m. **Schroth Compliance**
Kelly Grimes, DPT, GCS, OCS, BSPTS, C2
- 2:10 p.m. **Schroth and the Neuromuscular Patients**
Chintan A. Pancholi-Parekh, PT, MSPT, DPT
- 2:20 p.m. **Pre Op and Post Op Schroth: How Can It Help**
Rebekah Wallach, PT, DPT, BSPTS
- 2:30 p.m. **Realities of Treating Spinal Deformity in the Aging Patient**
Prachi Bakarana, DPT, BSPTS Scoliosis Therapist
- 2:40 p.m. **Realities of Reimbursement and Schroth**
Gail P. Fennell, PT, BSPTS, C2
- 2:50 p.m. **Panel Discussion**
- 3:00 p.m. **Psychosocial Issues that Impact Bracing and Schroth**
Jennifer Hope, RN, MS, CPNP
- 3:10 p.m. **Curvy Girls Personal Experience**
Leah Stoltz
- 3:20 p.m. **Panel Discussion**
- 3:25 p.m. **Breakout Sessions:**
1) Scoliosis Casting Demonstration
James O. Sanders, M.D. & Michael G. Vitale, M.D., M.P.H.

2) The Benefits of In Brace Schroth Session and Common Schroth and Bracing Questions
Prachi Bakarana, DPT, BSPTS Scoliosis Therapist & John Tunney, BOCPO

3) Patient Experiences from Curvy Girls
Moderator: Amber Sentell Mizerik, PA-C

4) DIERS Formetric 4D
Marissa M. Muccio, PT
- 4:15 p.m. *Adjourn*

Accreditation Statements

The College of Physicians and Surgeons of Columbia University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Columbia University is approved by the New York State Education Department's State Board for Physical Therapy as an approved provider of continuing education for physical therapists and physical therapist assistants. A certificate of attendance for 6 contact hours of educational activity will be awarded to registrants upon completion of the seminar.

AMA Credit Designation Statement

The College of Physicians and Surgeons designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Program Description & Objectives

The 4th Annual Non Operative Treatment of Childhood Scoliosis CME is an opportunity to learn about state of the art, non-operative treatment of scoliosis across the ages. In recent years we have gained a new appreciation for, and experience with Mehta casting in children with infantile and juvenile scoliosis. Experts in the field will share theory and hands on practical tips in Mehta or EF casting. Patients with juvenile and adolescent scoliosis also have vastly expanded palette of treatment options including Schroth physical therapy and Rigo Cheneau bracing. Experts from Columbia's Center for the Conservative Treatment of Scoliosis and visiting lecturers will share their experience in presentations and will demonstrate best practices in workshop settings.

The course will review the current state of knowledge about bracing, updated recently by the pivotal BRAIST trial. We are excited to have one of the authors of this trial, Dr. Stuart Weinstein here to speak on scoliosis and bracing. Participants will emerge with a renewed appreciation of the three dimensional aspects of scoliosis and the full gamut of modern treatment options. Highlights will include presentations by patients and families of patients who have successfully been treated with casting, Schroth therapy and Rigo Cheneau bracing. The faculty and speakers are the most experienced in the field, bringing expertise in bracing, casting, and therapy for childhood scoliosis.

This activity is designed for providers who are treating patients with scoliosis and would like to assess the risk versus benefits of surgical treatments and non-operative treatments. Physical Therapists as well as physicians are strongly encouraged to attend.

At the conclusion of this activity, participants will be better able to:

- Define the classification for EOS and AIS
- Discuss indications for serial casting of EOS and the measured outcomes
- Discuss the principles around bracing and the RSC brace
- List the indications for Schroth therapy

Meeting Location

NewYork-Presbyterian/Columbia University Medical Center
Vivian and Seymour Milstein Family Heart Center Education Center
173 Fort Washington Avenue
New York, New York 10032

Parking is available at the NewYork-Presbyterian/Columbia University Medical Center parking lot, located on the southwest corner of Fort Washington Avenue and West 165th Street.

Additional Information

Contact: Center for Continuing Medical Education
Columbia University College of Physicians & Surgeons
630 West 168th Street, Unit 39
New York, NY 10032
Telephone: (212) 305-3334
Fax: (212) 305-5740
e-mail: cme@columbia.edu
www.columbiacme.org

Tuition

Physicians: \$100. Families: \$50. Other Health Professionals: \$50. Patients: \$25. The fee includes the plenary presentations, breakout sessions, continental breakfast, lunch and refreshments. Confirmation of registration will be sent upon receipt of the registration form. Refund of registration fee, less a \$10 administrative charge, will be made if written notice of cancellation is received by **May 8, 2017**. No refunds can be made thereafter.

Registration

Space is Limited. Early Registration is Encouraged.

By Mail:

Complete the registration form and mail with full payment to:

**Columbia University
College of Physicians & Surgeons
Center for Continuing Medical Education
630 West 168th Street, Unit 39
New York, NY 10032**

On-Line:

www.columbiacme.org

**Telephone registrations and/or
cancellations are not accepted.**

Americans with Disabilities Act

The Columbia University College of Physicians and Surgeons fully complies with the legal requirements of the ADA and the rules and regulations thereof. Any participant with special needs must submit a written request to our office at least one month prior to the course date.

Registration Form

COLUMBIA UNIVERSITY

Scoliosis

(Please print or type)

Last Name Degree

First Name Middle Initial

Address

City State Zip

Daytime Phone Daytime Fax

e-mail

Please note: Your e-mail address is used for critical information about the course including: registration confirmation, course evaluation and certificate. Please be sure to include an e-mail address you check daily or frequently

Institution

Specialty Area of Interest

BREAKOUT SESSIONS: Please select one of the following options:

- 1) Scoliosis Casting Demonstration
- 2) The Benefits of In Brace Schroth Session and Common Schroth and Bracing Questions
- 3) Patient Experiences from Curvy Girls
- 4) DIERS Formetric 4D

1st Choice _____

Orthopaedic Surgery PM 15
May 18, 2017
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- ☐ \$100 Physicians
- ☐ \$50 Families
- ☐ \$50 Other Health Professionals
- ☐ \$25 Patients

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Money orders must be in U.S. Dollars.

For security purposes, credit card payments cannot be accepted by mail or fax. Please visit www.columbiacme.org to register and pay by credit card. American Express, Discover, MasterCard and Visa only.



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