

POST GRADUATION COURSE.
“EVALUATION, TREATMENT AND FOLLOW UP
OF THE SPINAL CORD DEVIATIONS”
F.E.D. Method

ORGANIZED BY:

CENTRE OF REHABILITATION AND PHYSICAL MEDICINE

Module I: Evolution of the spine. Biomechanical Difference between the Quadruped and bipedal stance. Difficulties in the ethiopathogenical approach of the deviations. Controversy of the physiotherapy treatment. Anatomy and physiology of the vertebral spine. Biomechanics of the spine. Kyphosis, lordosis and scoliosis: ethiology, classification and anatomo- pathology.

Module II: Evaluation and follow up. Generalities, Material, Clinical History. Physical and Functional exploration. Balance of the Shoulders and the Pelvis. Spirometry.

Module III: Scientific Basis. Introduction. Material. Methods. Results. Discussion. Therapy's stages; Elongation, Fixation, Derotation and Inversion of the curve. (Dynamic performance of the spine).

Module IV: Electrotherapy and thermotherapy. Analytical kinesitherapy: Auto-control and relaxation. Mothers kinesitherapeutic Methods.

Schedule of the course:

Four days a week / ten hours per day

Or five days a week / eight hours per day.

Duration: 40 Hours (20 theories / 20 practical).

Number of attendants: Minimum 10 / maximum 40

Instructors of the Course: Profesor D. Santos Sastre, ...

Information and booking:

Registration: ... (To be fixed)

Prices: ... (To be fixed)

Payment:

Information and booking:

Application form to be sent to the Director of the Course:
Profesor Santos Sastre.



CENTRO DE REHABILITACIÓN MEDICINA FÍSICA SASTRE-ROCA

Aribau, 300 - 08006 Barcelona • Tel.: +34 93 202 13 66 - Fax: +34 93 209 62 60

info@sastre-roca.com • www.sastre-roca.com

POST GRADUATION COURSE

F.E.D. METHOD

(3- Dimensional, Elongation, Derotation of the Spine and Kinesitherapy)

General Objectives

Enable the physiotherapist to evaluate the deviations of the spine, to use and handle the FED unit and the techniques of electrotherapy and specific kinesitherapy.

Organizing Unit in charge:

Centre of Rehabilitation and Physical Medicine of Barcelona (Spain)

Director of the course: Prof. Santos Sastre

Course Assistant: ...

Access requirement for PT:

Diploma or BSc. in Physiotherapy.

Number of attendants:

Minimum 10 and maximum 40. (With one or two Instructors)

Duration of the educational hours:

- Theory and evaluation: 20 hours.
- Practice and evaluation: 20 hours.
- Total: 40 hours.

PROGRAM
(PRIMARY ISSUE)

		Theory	Practical
Module I	... / ... / 201... From 8 to 12 hours From 14 a 18 hours	4 hours —	— 4 hours
Module II	... / ... / 201... From 8 to 12 hours From 14 a 18 hours ... / ... / 201... From 8 to 12 hours From 14 a 18 hours	4 hours — 4 hours —	— 4 hours — 4 hours
Module III	... / ... / 201... From 8 to 12 hours From 14 a 18 hours	4 hours —	— 4 hours
Module IV	... / ... / 201... From 8 to 12 hours From 14 a 18 hours	4 hours —	— 4 hours
Evaluation & Test	... / ... / 201... From 8 to 12 hours From 14 a 18 hours	4 hours —	— 4 hours

Total: 40 hours

20 hours

20 hours

INTER- RELATION OF THE COURSE MODULES:

Module I

Theme: Introduction:Spine Evolution. Biomechanical Difference between the Quadruped and bipedal stance. Difficulties in the ethiopathogenical approach of the deviations. Controversy of the physiotherapy treatment. Anatomy and physiology of the vertebral spine. Biomechanics of the spine. Kyphosis, lordosis and scoliosis: ethiology, classification and anatomo- pathology.

Objective: : Introduce the professional to the recent situation where the different areas of investigation, the procedures of diagnosis and treatment of the spine deformations are found. Enlarge the Anatomo- pathology that facilitates the interpretation of the biomechanical affects that produce onto the vertebra or the extra vertebral elements the deforming forces of the kyfosis, lordosis and scoliosis.

Module II

Theme: Evaluation and follow up. Generalities, Material, Clinical History. Physical and Functional exploration. Balance of the Shoulders and the Pelvis. Spirometry.

Objective: Train the professional in using the material, techniques, methods of assessment, assessment of the spine and follow up with precise and reliable data.

Module III

Theme: Scientific Basis. Introduction. Material. Methods. Results. Discussion.

Objective: Teach the scientific basis the FED Method.

Module IV

Theme: Scientific Basis. Therapy's stages; Elongation, Fixation, Derotation and Inversion of the curve. (Dynamic performance of the spine).

Electrotherapy and thermotherapy. analytical kinesiotherapy: Auto-control and relaxation. Others kinesiotherapy Methods.

Objective: Deepen the knowledge of the biomechanical analysis of the dynamic performance of the spine under the effect of the correctives forces and the study of the therapeutic unfastens effects. Instruct the professional of the complete knowledge, the experience and the adequate practically use and handle of the FED Unit.

Instruct the professional using the electrotherapy, thermotherapy and vertebral traction as preparing phase for the treatment of the patient into the FED Unit. Training of the professional to install appropriates analytic kinesiotherapy steps for each deformation, which secure and stabilize the therapeutic results of the dynamic corrective forces generated of the FED Unit.

Disposals

- Hall for theory classes and practical demonstrative: Teaching Hall for 40 persons, (with all the audiovisual means).
- Hall for practical clinical classes: Therapy with one FED Unit.(If it is possible).

Equipement and material

• Equipement

- 1 F.E.D. unit (If it is possible)
- Equipement of electrotherapy
- Thermotherapy.
- Equipment for the assessment of the spine (metric tape, goniometre, plumb string, angle protractor, demographic pencil, Spiro meter), X-Rays and different therapeutic means (skeleton, vertebrae...)

• Material

- 10 Treatment tables
- 10 Mats
- 10 Negatoscops

• Audiovisual material

- Retro-projector of transparency
- PC with projector

• Didactic material

The participants will be provided by the didactic means and material necessary for the development of the course: book, note-book, material of practice.

Teaching staff

Profesor D. Santos Sastre and ...

Estimated valuation of the course cost for 10 students in Spain.

Professors fees:

(Theory) 72 Euros/hour x 20 h 1.440 Euros
(Practical) 51 Euros/hour x 20 h 1.020 Euros

- Various fees: (Didactic material, books, CDs, photocopies...) 150 Euros
- Amortization Fees:

1. Teaching hall 540 Euros
2. Equipment, practical means, therapy hall 300 Euros

- Management fees: 4% 144 Euros
- Certificates: 180 Euros

Promotion (announcement, mailing, secretary, ...) 240 Euros

Total fees: 4.014 Euros

Estimated valuation of the admission for the course cost for 10 students in Spain .

Registration fees: 280–450 Euros (Considering that whenever the number of assistants increases, the registration fees will decrease by reducing the cost of the teaching hall, equipment...)

10 registrations x 280 or 450 Euros = 2.800 or 4.500 Euros

P.S.: Costs and fees orientation are for courses in Spain.

- Prof. Santos Sastre: 1.300 Euros (fees of 40 hours teaching)
- PT ... Euros ? (fees of translation...?)

However, the fees mentioned above do not include the travel fees, accomodation or material and equipment cost.