

CSI Scoliosis™

1 Hour Session

Cath Hopkinson



WE TEACH
SPINE
SAFE
.....
PILATES
.....
→ -DO YOU? ←



How Pilates can help?



Who's that girl?

- Cath Hopkinson
- 34 years teaching
- 18 years Pilates – Mat and more recently studio equipment
- January 2018 opened own studio “Your Pilates Space”, Longridge near Preston
- Background in NHS Pain Management Service & Virgin Active’s first ever Studio Coordinator!



- Thank you for your time today and your interest in CSI Scoliosis™
- Today is a snapshot of a full day's course on Scoliosis
- If you have questions maybe leave them till afterwards and see me, as I want to get through as much information today as possible
- It is mainly theory with a small amount of practical. We do lots more practical on the full day!
- For more information on the **CSI Scoliosis™ course** visit **- Cherry Baker Education Stand**



Cherry Baker Education

Who is this for?



- Today is primarily aimed at L3 Pilates teachers, as the examples used are from my Pilates background and case studies.
- I am going to assume you know very little about scoliosis; if you know lots – share what you can so everyone can benefit – including me!

What we will cover in this session



- What is Scoliosis?
- How does it alter the body?
- Who does it affect?
- How does it affect the body?
- Measurement tools
- Our role as Pilates teachers
- What we can do about it

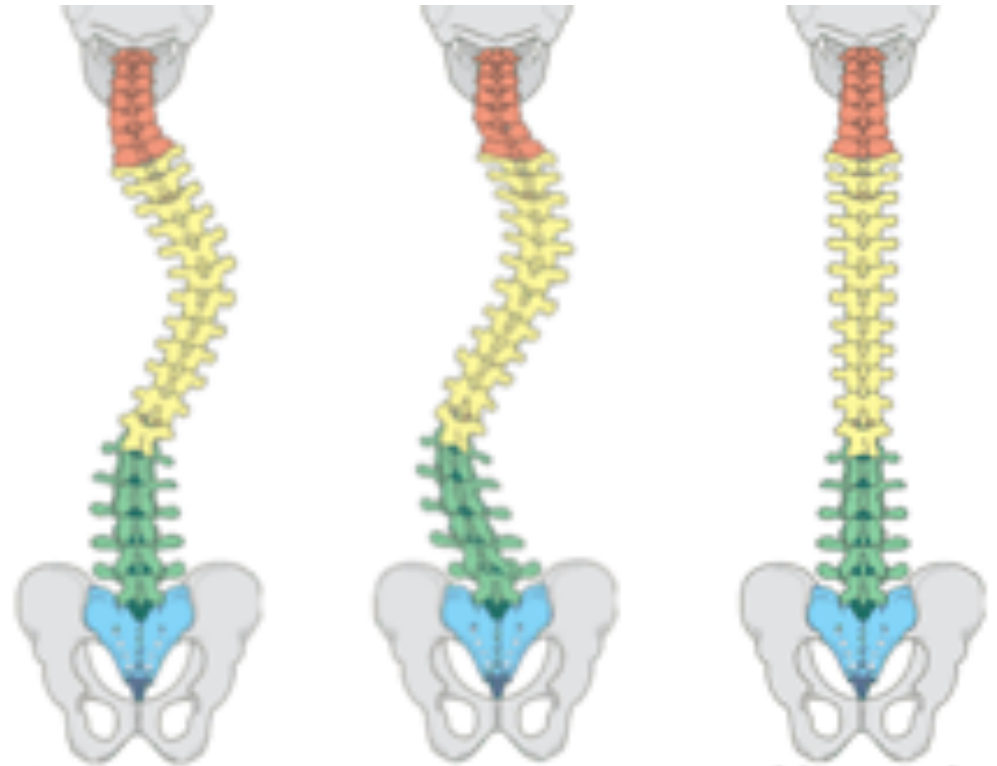
Experience of Scoliosis?

- What experience of scoliosis do you have?
- Personal – you, friend or family member?
- If you are affected do you know the details?
 - Cobbe Angle?
 - Type?
- Helping others - class / 121
- None?

What is Scoliosis?

Scoliosis:

“Scoliosis is defined as a lateral curvature of the spine with torsion of the spine and chest as well as a disturbance of the sagittal profile”



How common is Scoliosis?

- It used to be thought that scoliosis was only a childhood condition, but it's now increasingly recognised as a condition that affects older adults as well
- It can develop at any age, but is most common in children aged 10-15
- In the UK, around three or four in every 1,000 children need treatment for Scoliosis
- It's more common in females than males

What age can you develop Scoliosis?

Age ranges:

- Infantile 0-3 years
- Juvenile 4-9 years
- Adolescent 10-adult

- We will mainly see adults who have devolved a scoliosis in adult hood

- The younger the client the more likely there will be medical intervention

Aetiology



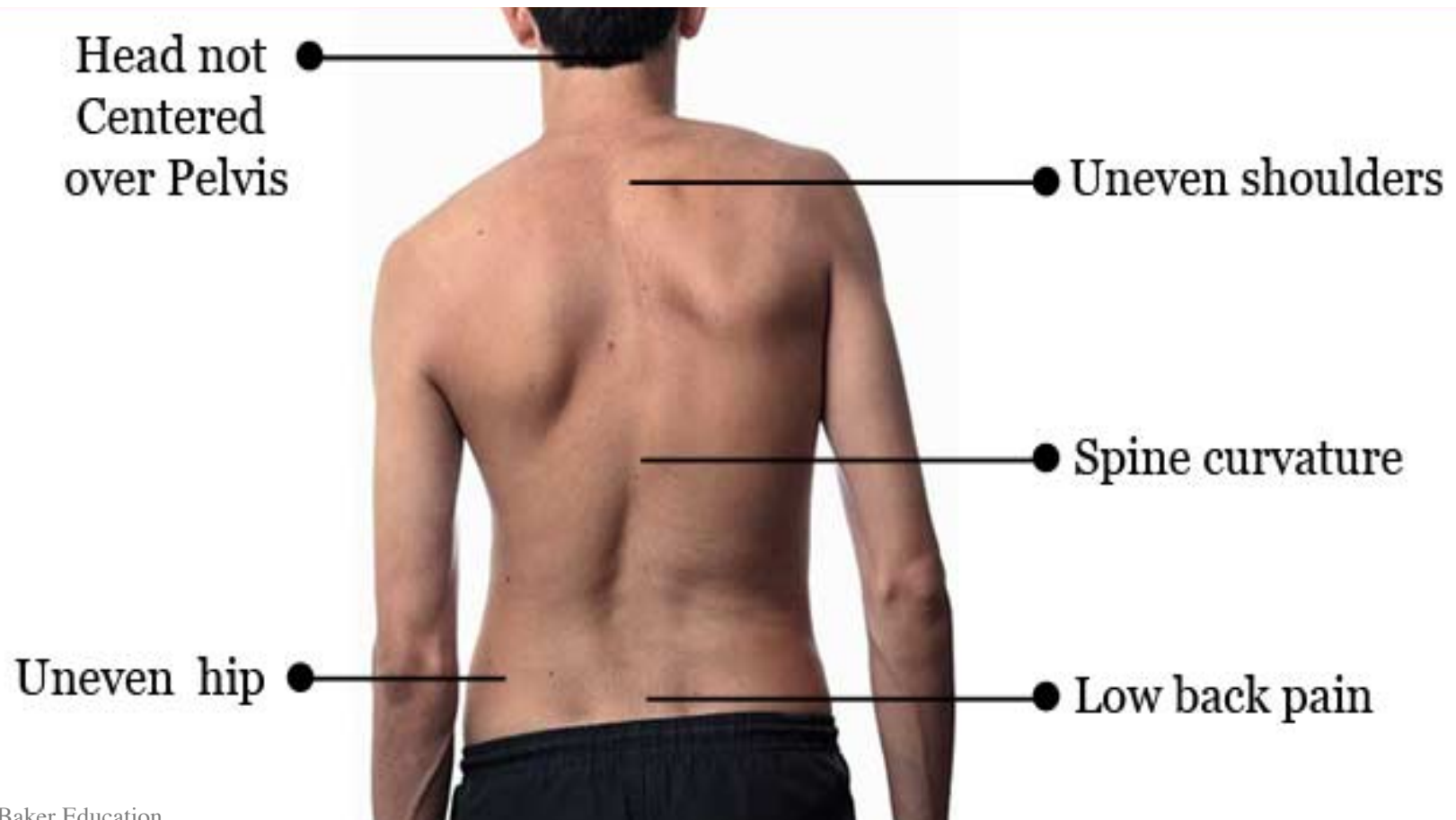
- Congenital 20%
 - Present from birth
- Idiopathic 80%
 - No known cause
- Adult degenerative – we are probably more likely to see
- Neuromuscular – Cerebral Palsy, Muscular Dystrophy
- Syndromic – EDS, Marfans

Posterior View of Scoliosis

– What do you see?



What might you see on a simple posture assessment?



When is it 'medically' a Scoliosis?

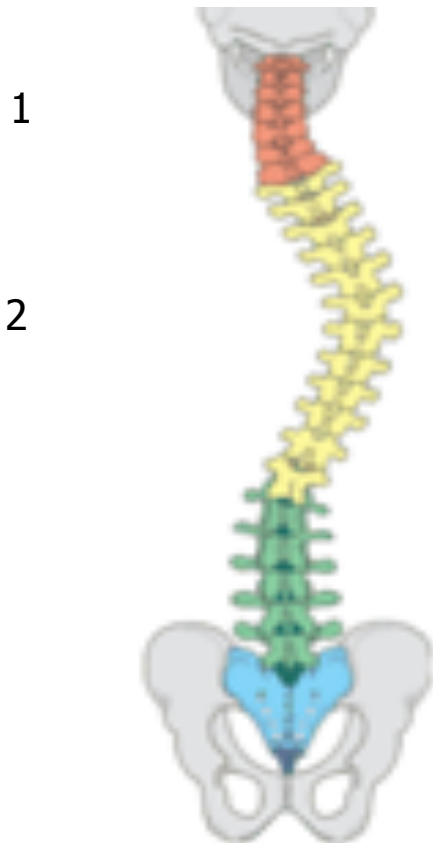
- Under 10° is not classified as a scoliosis, it could be:
 - Leg length difference
 - Muscle dysfunction
 - Injury
 - Disease
- Cobb greater than 10° (2-3%)
- Cobb greater than 20° 0.3 -0.5%
- Cobb greater than 40° 0.1%
- The prevalence of curvatures greater than 20° is between 0.3 and 0.5%

So What? Why does this matter? When does it become a problem?



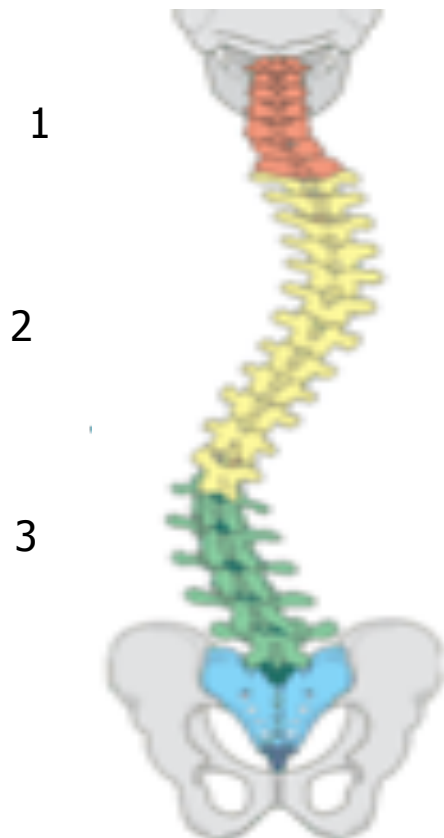
- Affects their activities of daily living (ADL's)
- If it prevents them doing something they enjoy doing
- They might feel different
- They might feel they look different
- Can result in pain and discomfort
- However, most people with a Scoliosis can lead a normal and full life

Spinal Curves – C-shaped 2 Curves



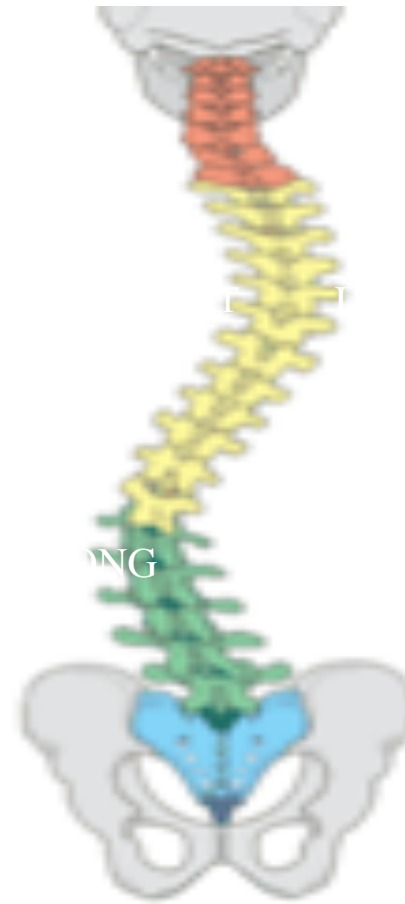
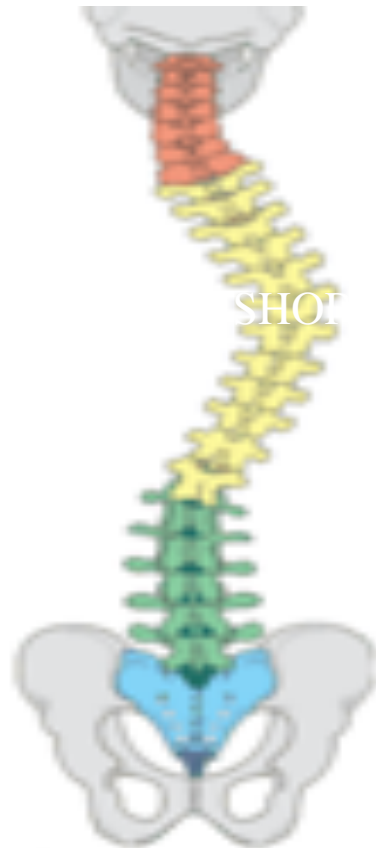
- Curve leans to side of the spine
- In the picture:
 - Cervical spine (red) starts to lean to the left
 - Thoracic spine (yellow) leans to the left
 - Lumbar spine (green) starts to straighten
- Blue - Concave
- Pink – Convex
- Side bend

Spinal Curves S-shaped

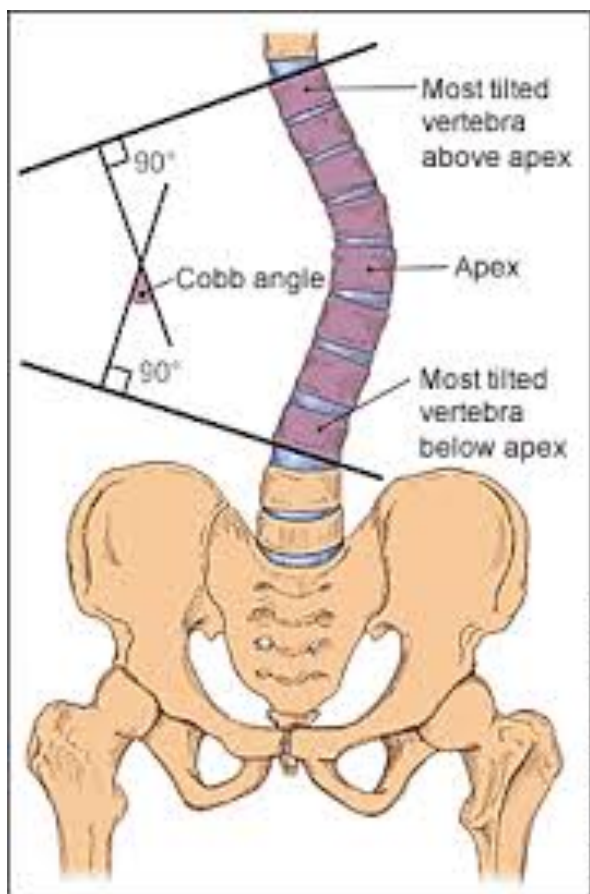


- Curve leans to side of the spinal axis either right or left
- In the picture:
 - Cervical spine (red) begins to lean to the right
 - Thoracic spine (yellow) leans to the right
 - Lumbar spine (green) leans to the left
- Blue - Concave
- Pink – Convex
- ** Side bend and rotation → Left Side bend with Right Rotation

Spinal Curves S-shaped



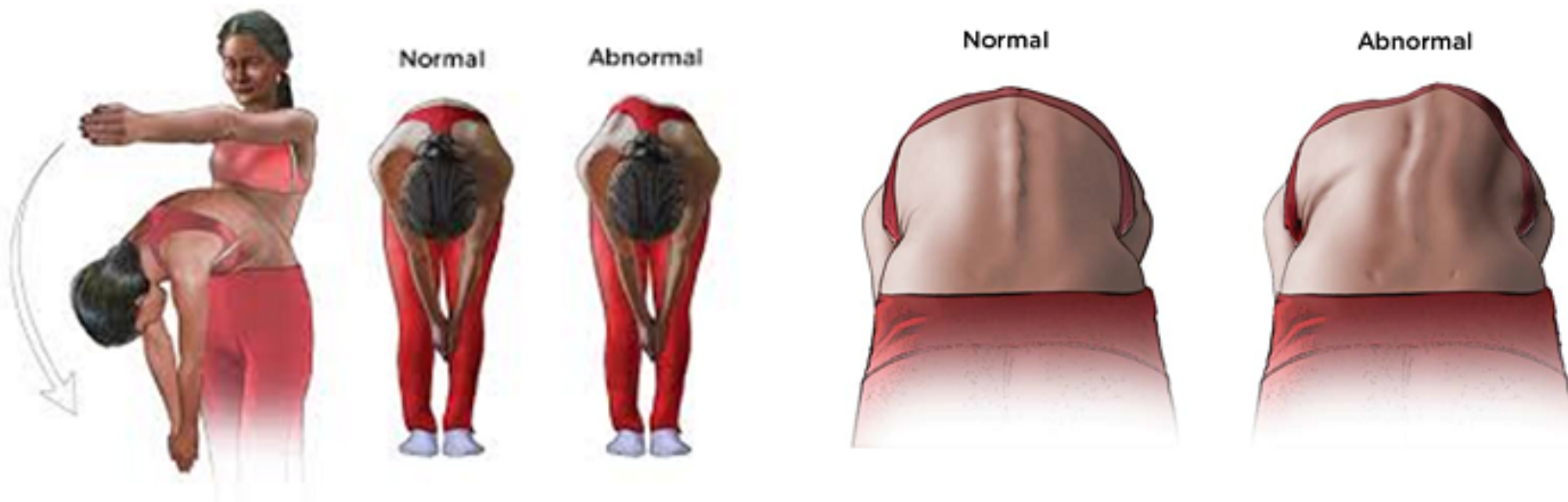
How do we measure? Medical: X-ray and Cobb Angle



© SpineSafe – Cherry Baker Education



In Class Observation: Adams Test



Tools



Digital

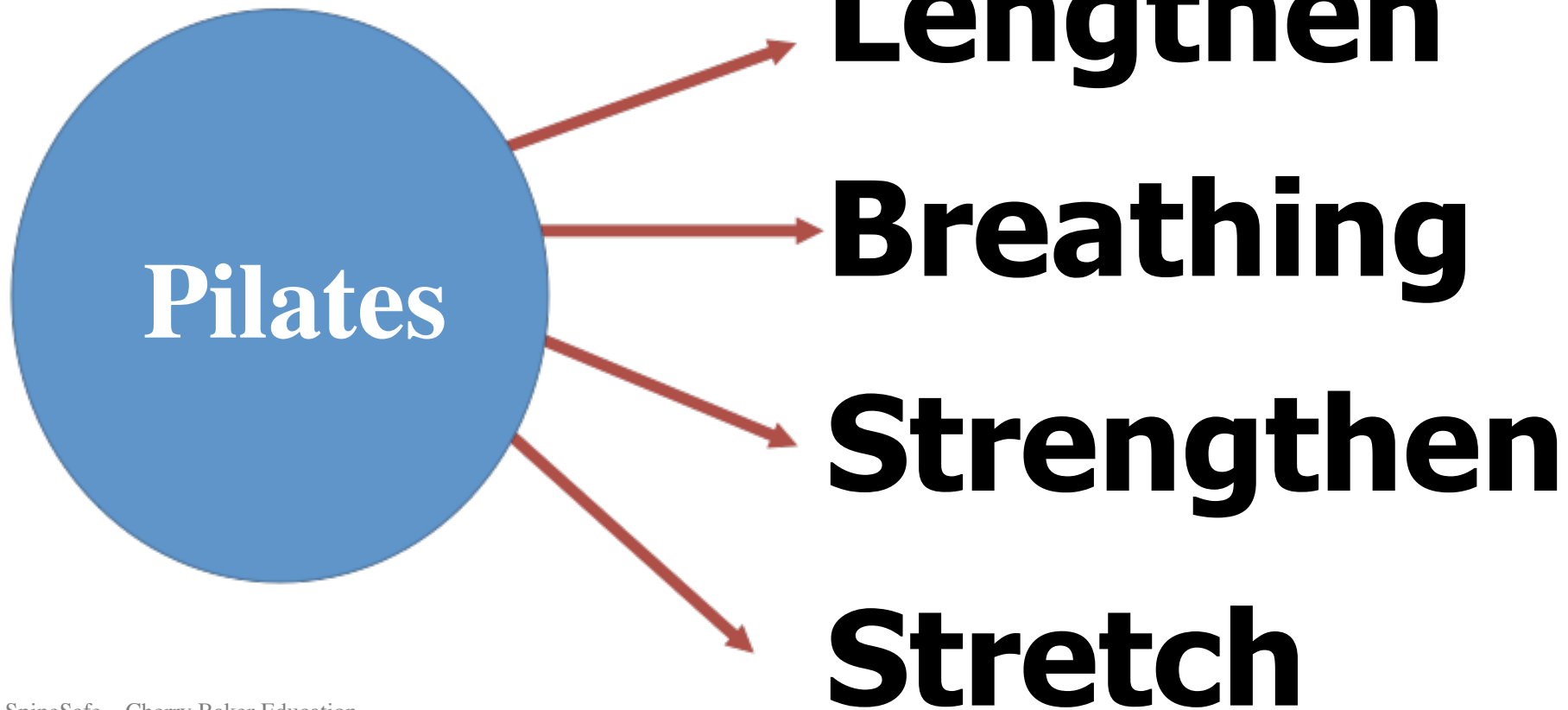


Pilates and Exercise – Can they help?



- **YES!** Which is good news for us!
- Reduction in curves
- Reduced pain
- Improved lung capacity
- How they feel about themselves – less self conscious
- Fewer spinal fusions

How Pilates can help...




Lets Get Physical!



- **GRAVITY IS THE KEY!** Work to the weaker side 2:1 ration
- Lengthen – Body Sways to lengthen the torso
- Breathing – into the shorter side (side bend)
- Stretching – lateral flexion
- Strengthen - with considerations for the working body (pads/props)

Thank You!



- **THANK YOU!**
- This is just a snap shot of our 1-day course – CSI Scoliosis
- Full details from  *Cherry Baker Education*
- Please come and see me afterwards for questions or if you'd like to discuss anything about today's session
- This power point is available via our web site www.cherrybaker.com

Course Dates 2018

- **Edinburgh** 6/7/8 April 2018
 - April 6 (evening only), April 7 (start 11am)
- **Surrey** 21/22 April 2018
- **Glossop** 5/6 May 2018
- **Lowestoft** 15/16 September 2018
- **Lincoln** 22/23 September 2018
- **Taunton** 20/21 October 2018

SpineSafe Pilates is a prerequisite to be able to take your Level 4 Pilates qualification should you wish to progress to this

20% DISCOUNT if booked this weekend only!