



COLUMBIA

PEDIATRIC
ORTHOPEDICS

Division of Pediatric Orthopedics
Department of Orthopedic Surgery
Columbia University Irving Medical Center
NewYork-Presbyterian Morgan Stanley Children's Hospital

9TH ANNUAL

Symposium on the Pediatric Spine

Thursday, June 1, 2023

Vivian and Seymour Milstein Family Heart Center
173 Fort Washington Avenue
New York, NY 10032

Best in Class Non-Operative Treatment

COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER


Morgan Stanley Children's Hospital

Supporters & Exhibitors

Special thanks to our supporters and exhibitors whose contributions make this meeting possible.

- Curvy Girls
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*Scoliosis & Spine Therapist
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Michael G. Vitale, MD, MPH
*Ana Lucia Professor of Pediatric
Orthopedic Surgery, Columbia
University Medical Center
Chief, Pediatric Spine and Scoliosis
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Director, Division of Pediatrics,
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Welcome from the Course Directors

Welcome, and thank you for joining us at the ninth annual Symposium of the Pediatric Spine: Best in Class Non-Operative Treatment for Scoliosis.

This course will cover a variety of topics providing the latest advances in conservative scoliosis care, including current literature and updates in bracing, casting, and physical therapy. Our goal is to provide participants and faculty a forum for interaction and collaboration, so please don't hesitate to speak up, ask questions, and engage.

We hope you find the course valuable and welcome your feedback.

Thank you for your continued support of the Columbia Orthopedics conservative spine care team.

General Information

WiFi access is complimentary:

- Network: **guest-net**
- Password: **None, accept terms to access**

Course Information

The Ninth Annual Pediatric Spine: Best in Class Non-Operative Treatment for Scoliosis CME is an opportunity to learn about state-of-the-art, non-operative treatment of scoliosis across the ages. Patients with juvenile and adolescent scoliosis have many treatment options, including physiotherapeutic scoliosis specific exercises and Rigo Cheneau type bracing. Experts from CUIMC Center for the Non-Operative Treatment of Spine and Scoliosis and visiting lecturers will share their knowledge through presentations and demonstrations of best practices.

Participants can expect to obtain a deeper comprehension of the three-dimensional aspects of scoliosis, and the fuller understanding of the treatment options. The faculty and speakers are among the most experienced in the field, bringing expertise in bracing, casting, and therapy for childhood scoliosis. We will also address concerns about scoliosis after skeletal maturity. 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, orthotists, and physicians are strongly encouraged to attend.

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

- Discuss the role of tethering in this population
- Describe growth markers and the role they play
- Discuss how EDS and hypermobility can affect your treatment plan for this population
- Identify the role of bracing for this population
- Promote and appreciate the patient-initiated *Not a Deformity* movement
- Discuss surrounding evidence of PSSE and bracing

Accreditation

- The Columbia University Vagelos College of Physicians and Surgeons is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
- The Columbia University Program in Physical Therapy is approved by the New York State Department of Education Office of the Professions as a sponsor of continuing education for physical therapists and physical therapist assistants.

AMA Credit Designation Statement

- The Columbia University Vagelos 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.
- The Board of Certification for the Athletic Trainers (BOC) has approved this course for 4 category A CEU credits for physical therapists and physical therapist assistants. This activity is approved for 4 CEU's.

Program Faculty

Program Directors

Prachi Bakarania, DPT

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Co-Director, Non-Operative Care for Spine and Scoliosis
Columbia University Vagelos College of
Physicians & Surgeons*

Amber Sentell, PA

Physician Assistant, Pediatric Orthopedics & Spine Care

Michael G. Vitale, MD, MPH

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Faculty

Trella Allen, DPT

*Instructor in Clinical Rehabilitation and Regenerative
Medicine at CUMC*

Kathryn Bacigalupo, DPT

PhysioElements

Hagit Berdishevsky, DPT

Schroth NYC

Ameeka George, NP

*Columbia University Vagelos College of
Physicians & Surgeons*

Meghan Glahn, CPO

Baylor College of Medicine

Kelly Grimes, DPT

UC San Diego Health

Paul Haffey, DO

Columbia Rehabilitation Medicine

Manuel Rigo, MD, PhD

Instituto Elena Salvá Scoliosis Rehabilitation Center

Benjamin D. Roye, MD

*Columbia University Vagelos College of
Physicians & Surgeons*

James Sanders, MD

UNC Orthopedics

Abigail Smul, DPT

Park Sports Physical Therapy

Leah Stoltz

Curvy Girls

John Tunney, BOCPO

East Coast Orthotic & Prosthetic Corp.

Rebekah Wallach, DPT

*Instructor in Clinical Rehabilitation and Regenerative
Medicine at CUMC*

Grant Wood, MS, CPO

Align Clinic

Program Agenda

8:00 am Breakfast and Sign In
 9:00 Welcome and Introduction Michael G. Vitale, M.D., M.P.H.

Session 1 Scoliosis *Moderator: Benjamin Roye, MD*

9:05 Casting in EOS Benjamin Roye, MD
 9:16 Is tethering the answer? The truth versus fiction Michael G. Vitale, M.D. M.P.H.
 9:27 The importance of the sagittal plane Manuel Rigo, MD (taped talk)
 9:38 Questions & Discussion
 9:46 The impact of knowing growth markers James Sanders, MD
 9:57 Non-Surgical management of adult scoliosis Paul Haffey, DO
 10:08 What is SOSORT and have you joined SOSORT yet? Kelly Grimes, DPT
 10:19 Questions & Discussion

Session 2 Bracing *Moderator: Michael Vitale, MD, MPH*

10:27 Case studies Manuel Rigo, MD (live stream)
 (In person panel – Paul Haffey, DO, Michael Vitale, MD, MPH, Megan Castille, and Prachi Bakarania, DPT)
 11:08 Part time bracing in JIS Benjamin Roye, MD
 11:19 Questions & Discussion
 11:30 Strap system updates on NYRC bracing John Tunney, CPO
 11:41 Bracing in adults with scoliosis and pain Stephanie Legare-Romero, CPO
 on behalf of Grant Wood, CPO
 11:52 Patient Centric Care Leah Stoltz, Curvy Girls
 12:08 Questions & Discussion
 12:16–1:15 pm Lunch

Program Agenda

Session 3	PSSE	<i>Moderator: Prachi Bakarania, DPT</i>
1:16 pm	Research Updates on PSSE	Abigail Smul, DPT
1:27	Best Practice for Idiopathic scoliosis and Ehler Dahlos Syndrome/hypermobility syndrome	Kathryn Bacigalupo, DPT
1:38	Pre-op PT: Does it matter on a patient's overall physical functioning prior to surgery?	Prachi Bakarania, DPT
1:49	Questions & Discussion	
1:57	Benefits of breathing together: incorporating yoga, core strength, and mindful movements to the Schroth method in a group setting	Trella Allen, DPT and Rebekah Wallach, DPT
2:13	Best Practice Fitness Exercise guideline for patients with adult spinal deformity	Hagit Berdishevsky, DPT
2:29	Questions & Discussion	
2:37	Coffee Break	
Session 4	Big Picture	<i>Moderator: Amber Sentell, PA-C</i>
2:53	Motivational Interviewing – Psychosocial assessment for the healthcare provider	Ameeka George, NP
3:04	The Role of mentorship in brace compliance	Meghan Glahn, CPO
3:15	Questions & Discussion	
3:23	Conclusion	

Disclosure

All those involved with the planning and delivery of this education will disclose all financial relationships in the past 24 months with ineligible companies. An ineligible company is any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. For each financial relationship, disclosure will include the name of the ineligible company and the nature of the financial relationship(s).

Stephanie Legare-Romero

Employee
AlignClinic

All of the relevant financial relationships listed have been mitigated.

Links

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What to Expect
Non-Operative Care



Pediatric Orthopedics Update 2023

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