

# Scoliosis: A Comprehensive Review Across the Lifespan

## DESCRIPTION

Scoliosis is a complex spinal condition characterized by an atypical curvature of the spine. This foundational section aims to provide a thorough overview of scoliosis, focusing on the different types, their prevalences, and the underlying etiologies. Additionally, we will explore the risks associated with the progression of idiopathic scoliosis and review comprehensive scoliosis screening procedures, which will include a practical lab opportunity. Historical perspective, current treatments, and contemporary physical therapy for scoliosis incorporate a multidisciplinary approach. Introduction to Scoliosis Specific Exercise (SSE), is a specialized approach that focuses on exercises specifically designed to address the individual curve, asymmetries, and functional limitations, including 3D exercises, breathing techniques, neuromuscular re-education, and strengthening. A practical lab opportunity will allow participants to apply these principles in 2 key strategies and evaluate motor learning and control. By understanding the historical context, current treatments, and specialized approaches like SSE, physical therapists can more effectively manage scoliosis and improve patient outcomes through targeted, evidence-based interventions. This section will delve into scoliosis in the neuromuscular and degenerative aging adult patients, the 2 types most commonly seen by physical therapists beyond idiopathic. They are unique in their etiology and very variable in their presentation, prognosis, and plan of care. Despite their differences, the foundational three-dimensional principles of assessment and treatment remain essential in managing these conditions.

## OBJECTIVES

*Upon completion of this course, the participant should be able to:*

*Clarify scoliosis types, prevalences, and current theories in etiology.*

*Discuss factors for progression.*

*Detail tests/measures for scoliosis screening.*

*Applying test/measures for scoliosis screening.*

*Evaluating outcomes of scoliosis screening and providing recommendations.*

*Explain the historical research for scoliosis and physical therapy.*

*Explain the 3-dimensional principles of scoliosis specific exercise.*

*Apply 3-dimensional principles to 2 key scoliosis specific basic motor performance.*

*Analyze motor performance and motor learning the 2 key scoliosis strategies.*

*Discuss scoliosis presentation in both non and progressive neuromuscular conditions.*

*Apply 3-dimensional principles to a patient case with neuromuscular conditions.*

*Explain adult degenerative scoliosis and how it differs from idiopathic.*

**Cancellations and Refund Policy:** Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

## INSTRUCTOR

Marissa Muccio graduated from Rutgers in 98' with a degree in Physical Therapy. She has worked a variety of pediatric settings including: NICU, neuromuscular, cranial facial, pediatric oncology, pediatric in-patient, out-patient, Aquatics, EIP, NDT certification in pediatrics, private practice owner since 2000. The practice continues to be a clinical education site for DPT student affiliations for Rutgers University.

In 2009 she became one of the first PSSE/Schroth certified therapists in the US. She now co-owns one of the leading Scoliosis Centers in the US and is committed to expanding the research for scoliosis specific exercises. Memberships past and present include: APTA, APTANJ, APTASC, NDTA, SOSORT and SRS. Medical Advisor/expert for several non-profits focused on patients with scoliosis.

2016 Rutgers SHRP DPT Alumni of the Year 2018 James Tucker Excellence in Clinical Practice and Teaching Award 2019-2022 Patient Education Committee member of the Scoliosis Research Society 2022-2024 Professional Education Committee member of the Scoliosis Research Society 2024-current Comprehensive Care Committee member of the Scoliosis Research Society 2024-current NIH Grant Advisory Board for Scoliosis Specific Exercise Rehabilitation

**Saturday,  
September 13, 2025**

8:30am - 4:30pm

4000 Hwy 9 E.

Little River, SC 29566

Conference Room B



To register, scan the QR code

For questions, please contact

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Building and Supporting the Healthcare Workforce South Carolina Needs

## Target Audience:

**Physical Therapist, Physical Therapist Assistant**

**FEE \$80**

**Deadline to register: 9/12/2025**

## CREDIT

**AHEC:** This program is approved for 0.6 CEU's (6.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Physical Therapy: 6.0 contact hours of continuing education for physical therapist has been approved by the SC APTA for .60 CEUs.