

## Prise en charge fonctionnelle de la scoliose

Cette formation de 3 jours est conçue pour faciliter les compétences cliniques et la confiance dans l'application des principes et techniques manuelles à travers l'approche DNS (Dynamic Neuromuscular Stabilization) dans le cadre de nos prises en charges des patients scoliotiques.

### *Objectifs de la formation:*

- Découvrir et pratiquer les tests fonctionnels DNS pour l'évaluation des patients ayant une scoliose ou toutes asymétries corporelles
- Mise en place de sessions pratiques en binôme, pour développer la compétence clinique sur les patients ayant une asymétrie corporelle
- Révision de la stabilisation sagittale, posture optimale enfants et adultes
- Perturbation de la stabilisation sagittale dans la phase de l'enfance ou adulte et chez le sportif
- Exercices de correction des patients scoliotiques basés sur l'approche DNS et les reflexes de locomotion
- Le 4 pattes de Klapp : variations avancées
- Asymétrie chez l'adultes et les sportifs : sessions pratiques – exercices actifs
- Révision des exercices basés sur les tests fonctionnels DNS et les positions développementales (modifications des exercices des positions développementales hautes : tripod, ours, squat, à ½ genou)
- Entraînement de la conscience corporelle
- Clarification sur comment les exercices de correction DNS peuvent être intégrés à d'autres stratégies d'exercices
- Vidéo et démonstrations de patients

## Programme détaillé

### JOURNÉE 1

08h45 - Accueil des participants

09H00 - QCM de « pré formation » d'évaluation des connaissances, des besoins et attentes des participants

9H30 à 12h30 :

- Influence de la psychomotricité et de l'ontogénétique sur le développement des scoliose et des facteurs de risques.
- Évaluation fonctionnel DNS (Dynamic Neuromuscular Stabilization) des mauvaises postures asymétriques et des scoliose

12H30 à 14h00 : Pause

14H00 à 17h30 :

- Techniques DNS pour améliorer la posture des patients scoliotiques
- Démonstration patient: évaluation DNS complexe et traitement des patients enfants ayant une scoliose

### JOURNÉE 2

9.00 – 10.30      Session pratique : stratégies de traitement DNS des patients scoliotiques

11.00 – 12.30      Session pratique : modifications DNS, utilisation des zones reflexes et du 4 pattes de Klapp dans le concept des patients scoliotiques

12.30 – 13.30      Pause

13.30– 15.00      Auto-traitement DNS pour des patients scoliotiques, et éducation des patients

15H00 - 17H00 Démonstration patient: évaluation DNS complexe et traitement des patients adultes ayant une scoliose.

## JOURNÉE 3

9.00 – 10.30 Traitement DNS des postures asymétriques – exercices en groupe

11.00 – 12.30 Session pratique : positions spécifique au DNS pour fixer la posture asymétrique ou scoliothique

12.30 – 13.30 Pause

13.30 – 15.30 Démonstration patient et discussion finale

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