

ID PROVIDER: 6896

Corso ECM

BRESCIA - Livello base Rigo Concept BSPTS per accedere al Livello 1

12-13 Settembre 2026

Aula Formazione Edumed srl

Via della Badia, 18 Brescia 25127

PROGRAMMA DEL CORSO:

1° Giorno

8:30 - 09:00 – Benvenuto e Introduzione

09:15 – 11:30 | Unità 1: Colonna vertebrale

Descrizione e analisi della colonna vertebrale normale e del tronco in 3D: anatomia, biomeccanica, geometria e meccanismi di stabilizzazione.

11:30 – 11:45 – Pausa

11:45 – 14:00 | Unità 2: Alterazioni sagittali

Alterazioni morfologiche della colonna vertebrale e del tronco sul piano sagittale. Ipercifosi giovanile (malattia di Scheuermann) e altre deviazioni.

14:00 – 15:00 – Pranzo

15:00 – 17:00 | Unità 3: Scoliosi, EOS, AIS, AdS

Definizione, caratteristiche, conoscenze generali e natura tridimensionale della scoliosi.eziopatogenesi. Circolo vizioso. Tipologie di scoliosi:

- Scoliosi ad esordio precoce (EOS)
- Scoliosi idiopatica dell'adolescente (AIS)
- Scoliosi dell'adulto (AdS)

17:00 – 17:15 – Pausa

17:15 – 18:30 | Unità 4: Storia naturale della scoliosi idiopatica

Storia naturale, evoluzione, prognosi e maturità scheletrica.

Unità 5: Valutazione clinica del paziente

- Valutazione posturale digitale
 - Valutazione funzionale
 - Scoliometro
 - Spirometria
 - Questionari sulla qualità della vita
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2° Giorno

09:00 – 11:30 | Unità 6: Valutazione radiologica del paziente

Utilizzo di software digitali per la misurazione delle radiografie: angolo di Cobb, angolo di rotazione, linea sacrale verticale e parametri pelvici.

11:30 – 11:45 – Pausa

11:45 – 14:00 | Unità 7: Trattamento non chirurgico

Trattamento conservativo della scoliosi. Esercizi fisioterapici specifici per la scoliosi (PSSE), trattamento ortesico (brace), scuole di trattamento ed evidenze scientifiche.

14:00 – 15:00 – Pranzo

15:00 – 17:00 | Unità 8: Introduzione al trattamento ortesico

Ortesi del tronco. Sistemi di scansione, parametri e classificazione. Principi del corsetto secondo il Concetto Rigo.

17:00 – 17:15 – Pausa

17:15 – 18:30 | Unità 9: Introduzione al trattamento chirurgico

Parametri chirurgici, tipologie di intervento e approcci attuali e innovativi.

Unità 10: Introduzione al Concetto Rigo BSPTS

Principi generali e tipologie cliniche. Classificazione dei diagrammi a blocchi

RAZIONALE E OBIETTIVI SPECIFICI DEL LIVELLO BASE

Formare gli studenti affinché:

- Siano membri attivi di un team multidisciplinare per il trattamento delle deformità della colonna vertebrale.
- Comprendano l'eziopatogenesi e il meccanismo patogenetico delle alterazioni morfologiche della colonna vertebrale sul piano sagittale, nonché della scoliosi idiopatica.
- Effettuare una valutazione clinica e funzionale del paziente affetto da scoliosi ed elaborare un'anamnesi clinica completa.
- Formulare una corretta diagnosi clinica e funzionale delle alterazioni morfologiche del piano sagittale e della scoliosi.
- Utilizzare e interpretare i questionari sulla qualità della vita del paziente affetto da scoliosi.
- Valutare e interpretare gli esami radiologici complementari del paziente affetto da scoliosi utilizzando strumenti digitali per la sua valutazione, diagnosi, comprensione e prognosi.
- Valutare, analizzare e comprendere il trattamento ortopedico da utilizzare nelle deformità della colonna vertebrale.
- Comprendere l'importanza dell'uso dell'evidenza scientifica nel trattamento non chirurgico della scoliosi.
- Applicare la Guida SOSORT per la pratica clinica, pubblicata nel 2018.

TARGET

Medico tutte le discipline, Fisioterapista

DOCENTI

Sara Visekruna, Fisioterapista

Garikoiz Aristegui Racero, Fisioterapista, Tecnico Ortopedico, PhD

CREDITI EROGATI: 20,8

RESPONSABILE SCIENTIFICO

Sara Visekruna, Fisioterapista

PROVIDER e SEGRETERIA ORGANIZZATIVA

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CURRICULUM VITAE

*Public Health and Epidemiology PhD
Graduate in Kinesiology and Physiatry
Physiotherapist
Orthotic Technician*

Garikoitz Aristegui Racero



Garikoitz is a clinician, researcher and international Rigo Concept BSPTS Teacher as well as the general manager of the school.

Passionate about scoliosis treatment, this led him to train as an Orthopedic Technician. He is Doctor in preventive medicine and public health from Basque Country University, Spain. Garikoitz is an active member of SOSORT and the host of the SOSORT 2022 Congress in San Sebastian, Spain. He is a teacher at the Catalonia International University. Garikoitz is also the Author of the Scolicomic, "The diagnosis is... Scoliosis". He continues to develop his clinical activity at the Scoliosis & Posture Center in Spain.

February 2026

Personal Information

Last name: Aristegui Racero

Name: Garikoitz

DOB: 10/04/1974

Town: San Sebastian

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Education

- **Public Health and Epidemiology PhD.** Basque University. Preventive and Public Health Medical Department. 2016.
- **Graduate in Kinesiology and Physiatry.** Buenos Aires University. Argentina. 1996-2000. (Homologated to Physiotherapy degree in Spain)
- **Orthopaedic and Prothesis Technician.** CEFOA. 2019

Other Studies

- **Rigo Concept BSPTS Therapist.** Barcelona Scoliosis Physical Therapy School (BSPTS). 2012. C1 and C2 level.
- **SEAS Therapist.** Instituto Scientifico Italiano Colonna Vertebrale (ISICO). 2011.
- **Global Postural Reeducation Therapist.** Phillippe E. Shouchard. 2004.
- **Myofascial Induction Therapist.** Andrzej Pilat. 2008.
- **Manual Therapy and Osteopathy Therapist.** SINERGIA. 2003.
- **Sports Physiotherapist.** SINERGIA. 2002.

Work experience

- **General Manager of Rigo Concept BSPTS (Barcelona Scoliosis Physical Therapy School).** 2019 on.
- **Scoliosis & Posture Center.** San Sebastian. 2017 on
- **Sinergia Physiotherapy and Research.** Orio. 2002-2017.
- **Orio Olympic Rowing Team.** Physiotherapist. 2002-2017.
- **Zarautz Rugby Team.** Physiotherapist. 2004-2017.

Teacher

- **Rigo Concept BSPTS International Teacher.** 2017 on. Courses in UAE, China, Kazakhstan, Argentina, Brazil, Costa Rica, Mexico, Spain, Egypt, Greece, Thailand, Albania, Ireland, Turkey, Kenya, Australia, Taiwan, US, The Netherlands and others.
- **Teacher at European University.** Physical Therapy Department. **2025 on**
- **Teacher at International University of Cataloina (UIC).** Physical Therapy Department. 2018 on

- **Teacher at Cayetano Heredia Peruana University. Pediatric Master.** 2024 on
- **Chair of Rigo Concept BSPTS in Latinoamerica: Brasil, Argentina, Mexico, Costa Rica, Chile, Peru, Colombia and others.** 2017 on
- **Academic Chair Online course about Idiopathic Scoliosis and other spinal disorders.** 2020.
- **Scoliorussia. Rigo Concept, Physiotherapist and Orthotic Technician working together.** Online-2020.
- **ScoSym 2020. Rigo Concept to treat Scoliosis patients.** Online-2020.
- **Academic coordinator: Online Course about Scoliosis Idiopathic. Basic knowledge and other spinal deformities.** 2020.
- **Scoliosis Idiopathic. Basic knowledge and other spinal deformities. Nairobi University. Kenya.** 2019.
- **Scoliosis Idiopathic. Basic knowledge and other spinal deformities. Argentina.** 2019.
- **Basque Country University Summer Course. Impact of new technologies on health.** 2019
- **Academic coordinator and teacher in the Manual Therapy and Posture postgraduate course. Basque Country University.** 2018 on.
- **Basque Country University Summer Course. Scoliosis Idiopathic.** 2018
- **Academic coordinator and teacher in the Postural Reeduction postgraduate course. Basque Country University.** 2012-2013/2013-2014.
- **Teacher in the Orthopaedic postgraduate. Basque Country University.** 2010-2011
- **Scoliosis Idiopathic, assessment, diagnosis and treatment. ADECyL** 2019.
- **Basque Country University Summer Course. Interdisciplinary approach for Scoliosis.** 2018.
- **Chair and Teacher of Postural Reeduction postgraduate course: assessment, diagnosis and treatment. Basque University.** 2010.

Research / Publications / Congresses

- **GEER 2025. Are new-generation braces overrated?.** Spain, Valencia. 2026.
- **SOSORT 2025. Revisiting Rigo Concept Classification. Radiological criteria reliability.** Croatia 2025.
- **GEER 2025. Investigating the relationship between objective measurements and patient perception in non-treated AIS.** Spain, Madrid. 2025.
- **GEER 2025. Exercises to improve the hyperkyphosis.** Spain, Madrid. 2025.
- **IRSSD 2024. Effectiveness of Rigo Concept PSSE in adult scoliosis.** Hong Kong 2024.
- **IRSSD 2024. Rigo Concept interdisciplinary approach.** Hong Kong 2024.
- **SOSORT 2024. Mild and moderate adolescent idiopathic scoliosis: Rigo Concept interdisciplinary approach.** Boston, US 2024.

- **SOSORT 2024. Is Schroth method effective to improve the cobb angle, quality of life and trunk rotation angle in adolescent idiopathic scoliosis? A systematic review and meta-analysis.** Boston, US 2024.
- **VI Update in Pediatric Spine Pathology. Alterations of the sagittal profile in children and adolescents.** Valencia, Spain 2024.
- **Romania Health Congress. Rigo Concept Classification, clinical classification with radiological correspondence.** Online-2023.
- **Congreso Nacional de Fisioterapia de la AEF. Tratamiento con ejercicios específicos de fisioterapia y corse en pacientes con escoliosis idiopática adolescente.** Cáceres, España, 2023
- **Spine Week, SOSORT 2023. Investigating the relationship between objective measurements and patient perception in non-treated AIS.** Melbourne, Australia 2023.
- **Presidente del Comité Organizador del Congreso Internacional de la Society on Scoliosis Orthopaedic and Rehabilitation Treatment en San Sebastián/Donostia.** 4 al 7 de mayo del 2022.
- **PROTOCOL: The effect of education programmes for improving knowledge of back health, ergonomics and postural behaviour in university students: A systematic review.** Author: Mona Salman, Josette Bettany-Saltikov, Gokulakannan Kandasamy, Vicki Whittaker, Julie Hogg, Garikoitz Aristegui Racero. January 2022. <https://doi.org/10.1002/cl2.1213>
- **ISPO Mexico. Rigo Concept Classification, clinical classification with radiological correspondence.** Online-2022.
- **Basque University summer course. Scoliosis treatment.** 2021.
- **Nairobi National Congress: Scoliosis and Rehabilitation.** Nairobi University. Kenya. 2021.
- **Symposium Scolicare. Scolicomic: Educational tool for understanding scoliosis.** Online-2021.
- **ISPO Mexico. Rigo Concept approach in Adolescent Idiopathic Scoliosis.** Online-2021.
- **Scoliorussia. How to help patients and families to understand Scoliosis: Scolicomic.** Online-2021.
- **National Congress of the Association of physiotherapists in Bulgaria. Etiopathogenesis of idiopathic Scoliosis.** Sofia, Bulgaria. 2021
- **ScoSym Serbia. Rigo Concept: Physiotherapeutic Scoliosis Specific Exercises and 3D Brace for adolescent idiopathic scoliosis.** Novi-Sad, Serbia. 2021.
- **eSOSORT Congress: Effectiveness of an educational intervention on postural habits and prevention of back pain in children 8-10 years old.** Online-2020.
- **Aristegui G, Ayllon L. The diagnosis is... Scoliosis.** Garaiko produkzioa. 2018. Translate to 12 languages: English, Spanish, Basque, Catalan, Portuguese, France, German, Italy, Greek, Turkish, Russia and Duch.
- **Member of Cochrane Collaboration. School-Based Education Programs for Improving Knowledge of Back Health, Ergonomics and Postural Behavior of School Children aged 4-18: A Systematic Review.** Author with J. Bettany-Saltikov in process.

- **Examiner of Thesis.** Gokulakannan Kandasamy. Development and Evaluation of a Low Cost, 3D Imaging Mobile Surface Topography System (MSTS) for Measuring Posture and Back Shape in Clinical Setting. Teeside University. 2018.
- **Campbell Collaboration Disability Coordinating Group reviewer.** 2018
- **Aristegui G. 2015. Effectiveness of an educational intervention on postural habits and prevention of back pain in children in the city of Donostia-San Sebastián (thesis) Spain:** Basque University; 183 p
- **Aristegui G. Lecture: Concept of relative muscle weakness in GPR. Repercussion in scapular humeral symptoms.** Basque Physiotherapy meeting. 2009
- **Pérez Irazusta I., Alcorta Michelena I., Aguirre Lejarcegui G., Aristegi Racero G., Caso Martínez J., Esquisabel Martínez R., López de Goicoechea Fuentes A.J., Martínez Eguía B., Pérez Rico M., Pinedo Otaola S., Sainz de Rozas Aparicio R. Clinical Practice Guideline on Low Back Pain.** Osakidetza. CPG 2007/1. Vitoria-Gasteiz.
- **Aristegui G. Efficacy of the Treatment of Global Postural Reeducation in adolescents with combined Idiopathic Scoliosis attended with a frequency of once a week.** Research aptitude. Advanced studies in Epidemiology and Public Health. 2003.
First research prize: Basque Physiotherapy Society Research Prize 2006
Published in: Philippe Souchart y Marc Ollier. La escoliosis. 2ª Edición. Noviembre 2005.

Societies

- **Chair of SOSORT 2022 San Sebastian Congress. International Society on Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT).** 2022.
- **Active member of the International Society on Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT).** 2012 on.
- **President of the scientific committee of International Physiotherapy Congress in the Basque Country.** 2013.
- **Director of the Postural Education Workshop in the school.** Basque Country. 2010-2011 / 2012-2013.
- **Director of the Physiotherapy research team of the Basque Society of Physiotherapy.** 2009-2013.
- **Scientific committee member of the “Cuestiones de Fisioterapia” journal. Spain.** 2009-2013.

Sara Visekruna



è una fisioterapista che lavora nel mondo della scoliosi dal 2016. Si è laureata presso l'Università di Medicina di Novi Sad, Serbia. Ha lavorato con la Dott.ssa Mina Jelačić e, dal 2018 lavora in Ticino, Svizzera.

È la principale organizzatrice e la mano destra di Garikoitz Aristegui per l'organizzazione del primo corso Rigo Concept BSPTS sul territorio Svizzero (nel 2025).

Teacher per tutti futuri corsi sul territorio Italiano e Svizzero.

Informazioni Personali:

Cognome: Visekruna

Nome: Sara

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