

MARIANNA BIAŁEK, PT, PhD

Physiotherapist : Graduated from Academy of Physical Education in Wrocław, Faculty of Physiotherapy (1987). In 2010 gained doctoral degree of medical science in Postgraduate Medical Education Center in Warsaw. Manual Therapist, certified PNF Therapist. In 1980 – 1990 employed in The Cooperative of The Disabled as physiotherapist (nervous system disease and disfunctions of musculoskeletal system). In 1990-1993 - was teaching a classes of corrective gymnastics in Primary School in Jawor, Lecturer of rehabilitation in Medical Vocational School in Jawor. Since 1993 till present – Physiotherapy Office in Paszowice. Since 2012 – consultant in Pulmunology and Allergology Pediatric Center in Karpacz. Since 2013 – rehabilitation department manager in Medical Center in Karpacz.

Lecturer of training courses:

In years 2002-2003 lecturer of „PNF and scoliosis” course in Postgraduate Education Center Reha Plus in Cracow. Co-author of EU-funded Project and instructor of training courses for physiotherapists in 2003-2007 in BMK Wrocław. Since 2004 co-author and instructor of courses for physiotherapists according to FITS Method, since 2011 the method is recommended by SOSORT (by the end of 20219 we conducted 43 courses - 1359 therapists and doctors took part). In 2007 assistant of the cranio-sacral therapy course (Upledger Intitute). Instructor of training courses for physicians since 2014 „Diagnostics of postural defects, scoliosis and Scheuermann’s disease according to FITS Method”

In 03.2015 instructor of MasterCourse FITS „ New physiotherapy techniques in scoliosis treatment – fascial and visceral techniques for thorax.

Since 2003 till present – organiser of rehabilitation camp for children and adolescent with postural defects, scoliosis and Scheuermann’s disease (37 camps 2-weeks – 1435 children participated and 8 camps 5-days – 78 children took part).

Conferences in Poland and abroad: since 2006 till present – active participation in scientific conferences in Poland (PTF, CMM, PNF, PTR, Forum of Scoliosis Practitioners, Winter Interdisciplinary Rehabilitation Meeting) – presentation of the metod and workshops. Active participation in SOSORT Conference in Poznań, Boston, Athens, Lyon, Milan and Wiesbaden. Member of SOSORT group since 2006.

Completed courses:

Manual therapy (Rakowski), Cranio-sacral Therapy (Upledger Institute) Neuromobilization (Butler), Osteopathy (Hartmann), Soft tissue therapy (Ciechomski), Trigger Point (Wilson), McKenzie A,B,C,D, Myofascial chains according to Myers, Kinesiotaping, NDT-Bobath for

adults, Myofascial release (Schleip), Fascial Therapy for Thorax including idiopathic scoliosis (Schwind), Therapy for children with mucoviscidosis, Comprehensive therapy for women after mastectomy, Biomechanics of lower extremities.

Numerous polish and international publications about scoliosis therapy.

- **Awards in** SOSORT 2014, Wiesbaden „Mild angle Early Onset Idiopathic Scoliosis children avoid progression under FITS Method (Functional Individual Therapy of Scoliosis).

1. Białek M. [Conservative treatment of idiopathic scoliosis according to FITS concept: presentation of the method and preliminary, short term radiological and clinical results based on SOSORT and SRS criteria.](#) *Scoliosis*. 2011 Nov 28;6:25. doi: 10.1186/1748-7161-6-25.
2. Białek M, M'hango A. [FITS concept - Functional Individual Therapy of Scoliosis. Studies In Health Technology and Informatics . The Conservative Scoliosis Treatment. 1st SOSORT Instructional Course Lectures Book.](#) IOS, 2008; 135: 250-261.
3. Białek M., M'hango A. [Complex Diagnostic and Therapy of Spinal Curvatures and Scoliosis According to FITS Concept. Dysfunctions of The Locomotor System.](#) Poznań University of Medical Sciences 1/2010. Wydawnictwo naukowe Uniwersytetu Medycznego im. Karola Marciniaka, Poznań 2011
4. Kinel E, Kotwicki T, Podolska A, Białek M, Stryła W. [Quality of life and stress level in adolescents with idiopathic scoliosis subjected to conservative treatment.](#) *Stud Health Technol Inform*. 2012;176:419-22.
5. Kinel E, Kotwicki T, Podolska A, Białek M, Stryła W. [Polish validation of Brace Questionnaire.](#) *Eur Spine J*. 2012 Aug;21(8):1603-8. doi: 10.1007/s00586-012-2188-0. Epub 2012 Feb 15.
6. Białek M., Brzęk A., Białek E. [Wpływ terapii FITS na wartość kąta rotacji tułowia u dziewcząt z rozpoznaną skoliozą idiopatyczną dwułukową](#) w: *Fizjoterapia: diagnostyka i terapia w postępowaniu z osobami z różnymi potrzebami*. Red.: R.Plinta, M. Kosińska, L. Niebrój, Eukrasja, Vol.17, Katowice 2013
7. Białek M. [Mild angle Early Onset Idiopathic Scoliosis children avoid progression under FITS physiotherapy.](#) *Medicin*, May 2015, Volume 94, Issue 20, p e8632015

8. Białek M., M'hango A. [FITS method, 26-31, Josette Bettany-Saltikov J., Paz-Lourido B.: Physical Therapy Perspectives in the 21st Century - Challenges and Possibilities](#)

9. Hagit Berdishevsky, Victoria Ashley Lebel, Josette Bettany-Saltikov, Manuel Rigo, Andrea Lebel, Axel Hennes, Michele Romano, Marianna Białek, Andrzej M'hango, Tony Betts, Jean Claude de Mauroy and Jacek Durmala. [Physiotherapy scoliosis-specific exercises – a comprehensive review of seven major schools.](#) Scoliosis and Spinal Disorders (2016).

10. Białek M., M'hango A., Blicharska-Kubiś I., Białek-Kucharska E. [Ocena funkcjonalna układu ruchu u dzieci ze skoliozą idiopatyczną według założeń Metody FITS,](#) Standardy Medyczne Pediatria. Media Press, Warszawa Nr 1, T14, s.111-124