Part 1: The First steps (3 days)
Part 2: Advanced training (3 days)
Part 3: Advanced training and Schroth Certification Assessment (3 days)

Summary of the complete course series

1. **Conservative treatment of scoliosis**
   Aetiology, biomechanical concept, vicious cycle-concept, progression, postural imbalance, function and structure, brace, surgery

2. **Medical assessment**
   Visual-manual examination, therapy protocol, X-ray evaluation, scoliometer, tests

3. **Classification**
   Schroth, King, Rigo, Lenke

4. **Specific mobilisation**
   Passive: specific manual Schroth techniques, bending, tilt, shift

5. **Breathing therapy**
   Correct breathing: a specific internal detorsional force to reverse scoliotic features and mobilize restrictive chest dysfunctions

6. **3D stabilisation**
   Exercises in the treatment of idiopathic scoliosis, from positioning to auto-self correction

7. **Activities of daily living**
   Posture variations, easy approaches for leisure, helping to avoid progression and reduce asymmetric loading

8. **Sagittal corrections**
   Corrections in the sagittal plane, easy to apply and important for spinal stability especially in the lumbar area

In the SST-training we will enlighten various scoliosis specific theoretical aspects in combination with practical parts of the therapy approach.

*Asklepios Katharina-Schroth-Klinik, Bad Sobernheim*
The course system consists of 3 parts and leads the student through a generalized understanding of scoliosis to a more sophisticated and comprehensive clinical reasoning regarding the management for scoliosis.

The Schroth-Method® is a physiotherapy method founded by Katharina Schroth in 1921 and developed by her daughter Christa Lehnert-Schroth (PT) and a team of specialized experts working in the Katharina-Schroth-Klinik in Germany and studying scoliosis for decades. The Asklepios Katharina-Schroth-Klinik is a specific conservative rehabilitation-center for spinal deformities, especially scoliosis. On average the center hosts 170 patients. The typical in-patient program takes 3 to 4 weeks. The youngest patients are 7 to 8 years of age, most of the patients are age 12 to 16 years. Adult and elderly patients with scoliosis also attend the program. The total number of patients treated conservatively per year is approximately 3500. A team of doctors are prescribing and handling more than 1000 scoliosis braces per year.

The Course System includes 3 successive parts each 3 days

Part 1
In the first course it is the presentation of an overview regarding theory and practical parts of the approach combined with general information regarding scoliosis. Participants will learn to recognize scoliosis features, assess scoliosis, categorize patients and start to develop a thinking in “Schroth Body Blocks” and necessary corrections in body planes around biomechanical axes. Corrective breathing provides an essential element for the use of intrinsic forces to improve functional activities and mobility in the concavities of the deformed and altered trunk.

Positioning with simple tools is a crucial part in the learning process from a simple to a more complex understanding and also a first step in the adaptation of the Schroth elements into the daily routine of the therapy process. The practical session starts with working just with the participants and in a second step applying these techniques to scoliosis patients. The detection of postural influence into the progressing development of scoliosis leads to the focus on the learning and teaching aspects of the treatment. Therapy needs postural changes in a decision making process of the patients. After every Schroth session it is important to educate patients in a home-exercise program in order to implement patients-cooperation in the therapy process.

After part I participants should be able to use the Schroth nomenclature and to teach patients about the postural changes regarding scoliosis. Habitual posture and conscious posture are the main elements at that level. They are able to work with positioning in lying and to teach the corrective breathing. Correct breathing, positioning and conscious posture have to be parts of an easy home-exercise program for their patients.

Between part I and part II participants had to prepare 3 positioning diagrams for 3 different patients together with the examination protocol.
In part II these papers will be collected and marked by the course instructor. Some of these case reports have to be presented and will be discussed at the very start.

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**Part II**

In part II the participants learn the basic corrections including pelvic corrections and assistive shoulder traction. Manual techniques will be used for proprioceptive teaching and to improve functional capability of the patients. 3 dimensional stabilizing exercises help to restore physiological alignment. Important is to adapt and internalize the typical exercise instructions in order to reach an automated state in the learning process.

Practical parts with patients generates a body of experience assisted by the instructor and his assistances.

At the end of part II, the participants should be able to assess scoliosis clinically and radiologically. With additional tests and measurements they have to categorize patients according to the Schroth classification and assign an appropriate standardized therapy program including a home-exercise program.

**Between part II and part III participants have to prepare a documentation of 2 case reports for 2 different patients.**

The documentation includes examination protocol, positioning diagram, photos from patients in standing position (front-back-side), with basic corrections in lying, sitting and standing position and the therapy plan: 3 exercises, 1 breathing exercise, 2 mobilizing techniques, 2 home-exercises.

In part III these papers will be a prerequisite for the certification process. Some of the case reports have to be presented and discussed.

**Part III**

Part III gives a deep inside in the educational process of the Schroth method. Additional classifications like King and Lenke will be discussed. The main principles of bracing will be presented.

Difficult scoliosis variations and exceptions will be discussed and adaptations of the typical corrections have to be made. The relationship between scoliosis and lateral listhesis will be introduced.

To understand the surgical way of treatment a short overview would be given. In the practical parts the participants work self-independent supervised by the instructor.

In the practical exam the student has to prepare a therapy plan for a fictional patient including therapy diagram, scoliometer datas, standardized exercise program and an evaluation of the risk of progression. The patient has to be presented with his/her typical features and selected parts of the treatment program.

Successfully passing a written and practical exam is required to earn Schroth certification and to be admitted to the Schroth-Therapist list.

Advanced Schroth training will be provided next. To keep the certification valid participants have to register for a 2-3 day advanced training within 5 years after the certification.
The Presenter:

Axel Hennes, is one of the senior PT’s of the clinic. Since 1990 he is in charge with the educational part of the Schroth method. He has mainly influenced the course system in Germany and started in 2008 to offer international Schroth courses in English language. In 2010 he was invited to present the Schroth Method at the HSS and Dr. Boachie inspired him to adapt and to offer the Schroth principles to the US physical therapists. In 2011/2012 the first course in the US was held at the Hunter College Physical Therapy Program in New York City. Courses in South-Korea and Thailand, Estonia and Latvia foster his experience in teaching the Schroth method around the world.

The certification authorizes for the treatment according to the concept of the Schroth method, but does not authorize to teach others professionals the method. In case of non-compliance the certification and the status Schroth therapist will be deprived.

Thank you for joining us.
Axel Hennes

References

Some of the literature is available on www.scoliosisjournal.com


*Asklepios Katharina-Schroth-Klinik, Bad Sobernheim


