

3 - D TREATMENT OF SCOLIOSIS
ACCORDING TO THE PRINCIPLES OF C.L. SCHROTH

Level 1 Certification Course (C-1)
Barcelona Scoliosis Physical Therapy School (BSPTS)

Program Purpose:

The BSPTS program teaches 3-D scoliosis treatment according to the principles of Katherina and Christa Lehnert Schroth that began in Germany in the 1920's. The Institute Elena Salvá in Barcelona offered Schroth courses for physical therapists from 1989 to 2008. The principles have been further developed by Dr. Manuel Rigo and the staff of the Institute of Elena Salvá and are now offered in courses through BSPTS.

The treatment is based on sensory-motor and kinesthetic principles. Goals of treatment are to facilitate correction of the altered posture, and teach the patient to maintain the corrected posture in daily living activities in order to minimize scoliosis progression and further spinal deformity. In this course, therapists are trained to treat patients on a 1:1 basis. With experience and additional training, therapists may advance to treating in groups or intensive programs.

The C-1 course provides an in-depth explanation of anatomy, etiology, examination, and treatment of scoliosis. Participants will learn to recognize and treat different scoliosis curve patterns. Introduction to bracing techniques will be covered. Course includes: Lectures, evaluation and exercise labs, live patient treatment and demonstration. On the final day participants will take a certification exam.

Course Objectives:

1. Understand history of Schroth method and relationship to BSPTS
2. Understand multidisciplinary approach to conservative management of scoliosis
3. Perform an individualized scoliosis patient clinical evaluation
4. Understand radiological variables in scoliosis assessment and classification
5. Identify scoliosis patients appropriate for conservative management
6. Develop specific treatment plans and goals based on the patient presentation
7. Treat patients with basic 3-D principles of correction according to BSPTS
8. Treat in 5 basic starting positions (supine, prone, side-lying, sitting and standing)
9. Teach joint protection and proper ADL principles for patients with scoliosis

General Course Content:

1. Scoliosis definitions, etiology, and curve classification
2. Clinical assessment of scoliosis including trunk shape and posture
3. Radiology (Cobb angle, axial rotation, central sacral line, transitional point, Risser)
4. Sagittal configuration (Scheurmann's kyphosis, hyper-lordosis)
5. Schroth principles of correction: Pelvic corrections, correction of the postural collapse, (auto-elongation), correction of the frontal component (deflection), correction of the rotational component (derotation), rotational breathing, facilitation and stabilization

CEU: 68 contact hours

BSPTS History:

Elena Salvá (PT), founder of the Institute Elena Salvá, was trained at the original Katherina Schroth Clinic in Germany in the 1960's. Since then, Schroth has been practiced at the Institute Elena Salvá in Barcelona. Dr. Manuel Rigo and Dr Gloria Quera-Salvá received approval to begin teaching Schroth certification courses for physical therapists in 1989 – first in Barcelona and later in Israel and the USA. In 2009, Dr. Rigo founded BSPTS to further develop scoliosis curriculum for educating physical therapists.

BSPTS teaches the original principles of Schroth, with advanced concepts learned during years of clinical experience and research. The first International Body of Instructors for the school was formed in 2011 in order to begin offering scoliosis rehabilitation education courses across the world.

BSPTS Educational Process:

Courses for certification are open only to physical therapists.

1. C1 – Certification Course 1
 - 9 day certification course for treating individual patients with AIS
 - Requires passing a written certification exam given at end of course. Failure to pass the exam will require retaking of the course (no charge)
 - Requires C2 course within 1-3 years after C1 in order to maintain C1 certification
2. C2 – Certification Course 2
 - 6 day certification course for refinement of hands-on skills, including discussion on treating adults with painful scoliosis, group therapy, and learning more on bracing principles
 - Requires passing practical certification exam given at end of course
 - Following C2 certification, no further courses are required to maintain certification status
3. Application to become BSPTS Course Instructor. Requirements include:
 - C2 completion at least 5 yrs ago with avg. of 10 hrs/wk treating scoliosis in last 3-5 yrs
 - Writing of one scoliosis case report annually (publication not required)
 - Completion of *Scoliosis Patient Statistics Summary*
 - Membership in SOSORT with attendance of at least 2 meetings in 5 years
 - Presenter at one scientific (or like) scoliosis meeting
 - Observation with Dr. Rigo during C1/C2 courses, and Intensive patient training

Ethics:

All physical therapists trained are required to abide by BSPTS practice ethics and will be asked to sign an Ethics of Practice Agreement upon completion of the course. Key areas include:

1. Physical therapy is intended to be part of a treatment team, including physician and orthotist
2. Physical therapy is not intended to take the place of bracing or surgery when either is indicated, but is intended to be a compliment to a comprehensive treatment approach
3. Indications for treatment will always be based upon medical criteria
4. Clear expectations of the goals of physical therapy will be given to all patients treated.
5. Websites used to promote physical therapy should contain proper information approved by BSPTS
6. Training of other therapists is prohibited unless completing BSPTS instructor training.

Upcoming 2014 Course Dates: Must register/attend each series of three, three day courses:

Full Course Series

- ❑ **Sept 12-14, 2014 (C1) * Note revised dates**
- ❑ **Oct. 17-19, 2014 (C1)**
- ❑ **Nov 7 - 9, 2014 (C1)**

Contact Info - Host Clinic: Hunter College; Contact: Hagit Berdishevsky, PT, DPT, Cert. MDT. BSPTS/Schroth Scoliosis Therapists and Teacher Trainer.

Email: hagitberdi@gmail.com



BSPTS APPLICATION
Level 1 Certification Course
(C1)

Applicant Name	
Home Address	
Phone: (h) home (c) cell	
Email Address	
Physical Therapist (List State and License	
Employer Name	
Employer Address	
Employer phone\fax	
Employment Years - Total years employed - Years at current employer	
Avg. hrs/wk in patient care	
Describe current patient care mix (ortho, neuro, peds, scoliosis, etc.)	
Describe your past training/experience in scoliosis patient care	
Describe your goals for using method following course completion	
Course applying for (date and location)	Hunter College:
Additional Information	



BSPTS C1 Applicant Agreement

I understand that completion of C1 course does not guarantee C1 certification, and that in order to obtain certification, I must pass the BSPTS C1 written examination given at the end of the C1 course. If I fail to pass the C1 examination, I will be required (at no cost) to retake the C1 course in part or full (instructor discretion) at no cost in order to achieve certification.

I understand that BSPTS C1 certification is primarily intended for use 1:1 individual physical therapy treatment of patients with Adolescent Idiopathic Scoliosis (AIS). It may be applied with limitations in some cases for children with neuromuscular scoliosis. It is not intended for use in adults with painful, degenerative scoliosis, for providing group therapy, or providing immersion type training, which are the intended uses of C2 certification (see below).

I understand that in order to retain my BSPTS C1 certification, I must attend the BSPTS C2 course between 1-3 years following C1. Failure to attend C2 within 1-3 years of C1 will result in loss of my C1 certification. BSPTS C2 certification is required for treatment of adults with degenerative and painful scoliosis, providing group therapy, and providing immersion type training.

I agree to sign the BSPTS Ethics of Practice Agreement upon completion of the C1 course.

Applicant Name

Applicant Signature

Date

Course Fees:

\$900 is due after confirmation of BSPTS application. You will be notified of mechanism for submitting payment (which is currently being revised). Balance due (\$1900) 60 days prior to course. Class size is limited to a maximum of 12. Early registration is recommended.

Mail BSPTS application to:

**Hagit Berdishevsky
16 East 96th Street
Apt 1B
New York, N. Y. 10128**

Course Cancellation Policy:

Due to the involved nature of course organization, cancellation policy is as follows:

1. If registrant cancels with less than 30 days notice:
 - If cancelled spot is filled with another attendee, a refund will be issued, less 10% service charge
 - If cancelled spot is not filled, there will be *no refund* of course fees.
2. If registrant cancels with more than 30 days notice:
 - Refund will be issued, less 10% service charge
3. We reserve right to cancel the course at any time due to low attendance or other conflicts.
 - Should the course be cancelled by instructors, full refunds will be issued.