

## ISSST SCHROTH TRAINING COURSE FOR PHYSIOTHERAPISTS

Ever treated a person with scoliosis or kyphosis but unsure of the best approach? Want to learn evidence-based treatments to help your patients achieve their goals? Read on!

### **LEVEL 1**

**When:** 30th March – 3rd April 2025 (37.5 CEU)

**Where:** Sydney, NSW, Australia (TBD)

**Investment :** AUD\$ 3200

### **LEVEL 2**

**When:** TBC, 2025 (37.5 CEU)

**Where:** Sydney, NSW, Australia (TBD)

**Investment :** AUD\$ 3200

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### **About the Schroth method**

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 together and studying scoliosis for decades.

The Schroth method consists of sensorimotor, postural, and breathing exercises, as well as mobilization and adjusted activities of daily living aimed at recalibration of normal postural alignment, static/dynamic postural control, and spinal stability. Several cohort studies demonstrated positive outcomes of Schroth exercises on back muscle strength, breathing function, slowing curve progression, improving Cobb angles, and decreasing the prevalence of surgery. Dr. Sanja Schreiber, in a randomized controlled trial conducted at the University of Alberta, Canada, demonstrated that the Schroth exercises improve pain, curve severity, self-image, back muscle endurance and objective measurements of the trunk symmetry. The Schroth exercises have gained much interest among researchers and clinicians because of their effect on important outcomes in patients with spinal deformities.



### About ISST Schroth Courses

The certification is granted upon a successful completion of Basic ISST Course – Level 1 and Level 2, having passed the written (Level 1) and the practical component (Level 2) of the course.

#### LEVEL 1

- Schroth theory and methods
- Develop thinking in Schroth “Body Blocks”
- How to recognize scoliosis features, assess scoliosis, and classify patients according to ISST Schroth classification
- Corrective breathing, positioning, and basic corrections with simple tools
- 3D stabilizing exercises

At the end of Level 1, students will sit for a written exam.

Between Level 1 and Level 2, the students will prepare a documentation of 2 case reports for 2 different patients.

#### LEVEL 2

Level 2 gives an in depth understanding of the ISST- Schroth method principles, theory and practice. The therapists will learn about:

- Main principles of bracing
- Standardized therapeutic process from physical examination to the individual therapy plan
- More advanced exercises
- Risk of progression
- Postural teaching
- Specific auxiliary manual handhold techniques
- Relationship between scoliosis and laterolisthesis
- Overview of the surgical treatment and the typical techniques
- Brace treatment

- Schroth exercise in the brace
- Adult scoliosis (including de novo/degenerative scoliosis)

After Level 2, therapists will have a practical part of the exam, where they will design a therapy plan for a patient including therapy diagram, scoliometer assessment, exercise program and an evaluation of the risk of progression.

**Notes:**

- To be granted the ISST certification and a title of a ISST- Schroth Therapist, therapists have to pass both the written (Level 1) and the practical (Level 2) exam.
- The certification authorizes a physiotherapist course taker to treat according to ISST Schroth but does not authorize to teach other professionals in the method. In case of non-compliance the certification and the status ISST therapist will be withdrawn.
- ISST Schroth Courses can also be organized at your location. Contact us for more details.





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### Objectives and Goals : Level 1 ISST Schroth Training

	<b>OBJECTIVE</b>	<b>OUTCOME EXAMPLES</b>
<b>KNOWLEDGE</b>	To define, learn, and practice the material on general aspects of scoliosis, ISST Schroth principles and terminology, Schroth body blocks, ISST Schroth classification, therapy diagrams, clinical and radiological assessment as well as basic exercises in supine, prone, side-lying and sitting and basic scoliosis-specific manual techniques.	In-class theory and practical demonstration by the instructor and the group
<b>COMPREHENSION</b>	To understand and demonstrate understanding of the taught theoretical and practical course material	Discussion regarding theory and principles through group and individual tasks, recognition of curve patterns, drawing body blocks and therapy diagrams, demonstrating understanding through appropriate application of manual techniques and exercise for an appropriate curve classification.
<b>EVALUATION</b>	To evaluate and test the learned theory and principles of ISST Schroth approach	Written exam demonstrating knowledge on scoliosis and basic ISST Schroth theory and principles

### Objectives and Goals : Level 2 ISST Schroth Training

	<b>OBJECTIVE</b>	<b>OUTCOME EXAMPLES</b>
<b>KNOWLEDGE</b>	To define, learn, and practice the material on advanced aspects of scoliosis, such as degenerative scoliosis and olisthesis, more detailed clinical and radiological assessment (pelvic parameters) as well as	In-class theory and practical demonstration by the instructor and the group

	more advanced exercises in sitting, kneeling, standing and walking as well as more specific scoliosis-specific manual techniques; to learn about other classification systems and surgical approaches; to learn exercise in brace	
<b>COMPREHENSION</b>	To understand and demonstrate understanding of the taught theoretical and practical course material	Discussion regarding theory and principles through group and individual tasks, recognition of curve patterns, drawing therapy diagrams, demonstrating understanding through appropriate application of manual techniques and exercises.
<b>APPLICATION</b>	To apply the ISST knowledge and principles through examples	Practical demonstration of the principles and methods through an appropriate application of manual techniques and basic and more advanced exercises for a given curve classification and/or population (work in groups and with actual patients).
<b>ANALYSIS</b>	To analyze and distinguish different therapy needs for different patient populations and/or different curve patterns/classifications	Theoretical discussion and practical application with a partner (switching roles: patient/therapist) and through analyzing case studies (pre-requisites for taking Part II)
<b>SYNTHESIS</b>	To assess, plan and design treatment using ISST Schroth methods and	Clinical and radiological assessment and

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	principles	developing and an appropriate plan for treatment for a given patient
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**About the instructor**

A dedicated and experienced kinesiologist specializing in Schroth therapy for scoliosis management, Aleksandra holds a degree in Kinesiology and has over 8 years of experience treating musculoskeletal deformities in children and adults. As a certified Schroth therapist, she has successfully led Schroth camps across Europe, positively impacting the lives of over 1,000 participants.

In 2024, Aleksandra expanded her practice to Southeast Asia, taking on the roles of Schroth therapist and Schroth instructor. She is committed to raising awareness about scoliosis and promoting effective rehabilitation solutions in the region.