

## International dimensional Scoliosis-Therapy® according to Katharina Schroth

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.

### Eligibility to attend the ISST course

Physiotherapists, orthotists and kinesiotherapists

The complete course includes 2 parts of 5 days each with 77hours (CPE points) altogether.

**Cost** : SGD\$4,200 in total for the **2 parts (10 days)**

Part 1 of the course is scheduled for 5th- 9th April 2025 and part 2 of the course 6 months later

**Organiser** : Ms Sarah Balan (Contact for registration, 50% downpayment to confirm spot)

**Contact** : [sarah@physiocourses.com](mailto:sarah@physiocourses.com) if you are interested

**Instructor** : Ms Aleksandra Ilic, International ISST instructor

<https://www.isstschrothmethod.com/isst-courses/14322-isst-basic-course-part-1-singapore/>

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

The course encourages surface of scoliosis understanding to a more sophisticated and comprehensive clinical reasoning regarding the conservative management for scoliosis.





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## **Part 1 Goals and Description**

An overview regarding theory and practical parts of the approach combined with general information regarding scoliosis.

The students will learn to recognize scoliosis features, assess scoliosis, categorize patients and start to develop thinking in “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 ISST elements into the daily routine of the therapy process. Participants learn the basic corrections including pelvic corrections with basic tension and assistive shoulder traction. Manual techniques will be used for proprioceptive teaching and to improve functional capability of the patients.

Basic 3-dimensional stabilizing exercises in stable positioning help to restore physiological alignment. The importance is to adapt and internalize the typical exercise instructions in order to reach an automated state in the learning process.

At the end of part 1, the written exam takes place.

Between part 1 and part 2, participants have to prepare a documentation of 2 case reports for 2 different patients. The documentation includes examination protocol, positioning diagram.

In the 3-6 months, between the intensive 2 parts, the therapist has to implement and practise the learned elements thoroughly into his daily routine. The instructor will make an assignment required to participate in the next part.

## **Part 2 Goals and Description**

Part 2 gives a deep insight into the educational process of the Schroth method. The theoretical aspects will be revised and refined. Additional classifications like King, Lenke and Rigo will be discussed. The main principles of bracing will be presented. Part 2 completes the standardized therapeutic process from physical examination to the individual therapy plan consisting of exercises, postural teaching and more specific auxiliary manual techniques. The basic exercises can be used with more functional and challenging variations in order to adapt the therapy program to the developing exercise capacity of the patients.

The relationship between scoliosis and Laterolisthesis will be introduced. Hereby the therapist will learn more regarding scoliosis in adult and elderly patients. Scoliosis and pain are the main aspect for this group of patients and both entities have to be included, mostly separated, in the therapy program.

In the practical parts, the participants work independently supervised by the instructor and will



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have the chance to discuss problems within the therapeutic team. Also, to understand more about the surgeries, an overview of the history and the typical techniques.

Ethics and certification process : Passing a written and practical exam is required to get the ISST certification and recognition on our official international website.