

## ISST 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:** 2nd- 6th August 2026 (5 days : 37.5 CEU)

**Where:** Scoliocentre Singapore,  
23 Kampong Bahru Road, Singapore 169349

### **LEVEL 2**

**When:** 9th-13th December 2025 (5 days : 37.5 CEU)

**Where:** Scoliocentre Singapore,  
23 Kampong Bahru Road, Singapore 169349

**Cost for the 2 parts :** SGD\$4200

\*Half the cost fees (SGD\$2100) is expected to be paid for confirmation of your slot. The other half of the payment is expected before commencement of Part 1 of the course.



**Organiser :** Ms Sarah Balan

Contact: [scoliosiscentresg@gmail.com](mailto:scoliosiscentresg@gmail.com)

Website: [www.physiocourses.co](http://www.physiocourses.co)

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

### **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.

The Schroth exercises have gained much interest among researchers and clinicians because of their effect on important outcomes in patients with spinal deformities.

## The ISST school

The ISST school is led by Axel Hennes, who had the privilege of working alongside the legendary Katharina Schroth herself at the Asklepios Katharina Schroth clinic in Germany. With an impressive 40 years of experience, Axel Hennes is undoubtedly one of the most knowledgeable and experienced practitioners of the Schroth method. Although Axel is hardly teaching these days, his legacy lives on through the ISST school.

In contrast to the other schools that teach the Schroth method, ISST is the closest to the original teachings with direct lineage to Katharina Schroth's original work. This ensures that you'll receive the most authentic and effective training possible.

## Advantages of joining the ISST course

- Concise and intensive 10-day course, divided into two 5-day parts.
- Incredibly comprehensive, covering all aspects of the Schroth method
- Global recognition. With courses taught in over 30 countries, ISST-certified therapists are in high demand worldwide. Once certified, you will be listed on the ISST official website, making it an excellent opportunity for you to stand out.
- ISST school's approach has been consistently updated and refined based on the latest research and clinical findings. This commitment to ongoing development and improvement guarantees that you'll receive a comprehensive education that prepares you for success in treating scoliosis patients.





Inspired by excellence and driven to provide world class, continued education for healthcare professionals.

## About ISST Schroth Courses

### 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 participant 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.

- Participants are required to complete their education in the same city and country in which it was originally commenced. Exceptions may apply only in specific circumstances where Part II is not conducted at the original location. In such cases, participants are obliged to contact [info@isstschrothmethod.com](mailto:info@isstschrothmethod.com), after which they will receive further instructions and appropriate guidance.
- ISST Schroth Courses can also be organized at your location. Contact us for more details.



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

	OBJECTIVE	OUTCOME EXAMPLES
KNOWLEDGE	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	In-class theory and practical demonstration by the instructor and the group

	sitting and basic scoliosis-specific manual techniques.	
<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 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	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

		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 principles	Clinical and radiological assessment and developing and an appropriate plan for treatment for a given patient



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#### **About the instructor**

A dedicated and experienced kinesiotherapist specializing in Schroth therapy for scoliosis management, Aleksandra holds a degree in Kinesitherapy and has over 10 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.