

Acknowledgement of a Schroth Scoliosis Therapist

Re: Malcolm Boulter

Malcolm successfully participated at a 9 day training program at the Asklepios Katharina-Schroth-Klinik in Bad Sobernheim, Germany in October 2014. Since that time Malcolm has worked as a certified Schroth Therapist and has gained a lot of experience with patients suffering from the chronic disorder of scoliosis.

In May 2016 Malcolm renewed his knowledge and proved his expertise in an advanced refresher course for Schroth Therapists at the Asklepios Katharina-Schroth-Klinik in Bad Sobernheim, Germany

Introduction in the Schroth Method and the international course system

The **Schroth-Method**[®] is a physiotherapy method founded by Katharina Schroth in 1921 and further developed by her daughter Christa Lehnert-Schroth (PT) and a team of specialized experts working in the Katharina-Schroth-Klinik in Bad Sobernheim, Germany who have researched scoliosis for decades.

SOSORT Guidelines

The International Society of Orthopedic Scoliosis Rehabilitation and Treatment (SOSORT) was formed in 2004. Medical Directors and Physical Therapist from the leading Schroth Clinics in Europe were founding members of SOSORT.

Since then, Schroth Method therapy/treatment has always conformed with the consensus recommendations of SOSORT. The Schroth exercise methods as per the SOSORT treatment guidelines are referred to “Physiotherapeutic Scoliosis Specific Exercises” (PSSE).

ISST - Course Program

ISST - International Schroth Three Dimensional Scoliosis Therapy[®] according to Katharina Schroth is an intensive training program conducted over a period of 9 days.

The ISST training program addresses various scoliosis specific theoretical aspects together with practical applications of Schroth Method therapy.

The ISST course enhances participants' level of understanding of scoliosis, encouraging informed and comprehensive clinical reasoning regarding the conservative management of this chronic disorder.

Main topics

- Presentation of a conservative treatment approach in the scoliosis field
- The Schroth Method and its historical progressive evolution
- The current upgraded version of the Schroth Method
- Principles of active and passive spinal and postural corrections
- Educational aspects of the Schroth Method - information, motivation, self-independence
- Biomechanical background to the torsional structural deformation in scoliosis
- Postural changes for Activities in Daily Living (ADL)
- Home-exercise program
- Bracing the important, but less developed tool

Goals and Summary of the Schroth Therapist Course Program

Schroth Method training enables Physical Therapists (Physiotherapists) and Movement Therapists to provide conservative treatment for patients with spinal disorders, particularly idiopathic scoliosis and kyphosis.

The primary goal is to avoid the necessity of surgery, by preventing the progression of spinal disorders.

There is also a focus on a positive effect on health related quality of live (HQL) for children, adults and elderly patients suffering from scoliosis and kyphosis. Developing effective coping strategies for the patients to improve their social participation and activities in daily living.

The training enables Therapists to understand the biomechanical conditions of asymmetric postural aspects and asymmetric loading of the spine which lead to dysfunctional and structural adaptations which further the risk of progression.

Schroth Method scoliosis specific therapy is also provided for patients undergoing brace treatment, and pre and post-surgery.

1. Basics

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, functional tests

3. Scoliosis Classification systems

Schroth, King, Rigo, Lenke

4. Specific Mobilisation

Passive: specific manual Schroth Method techniques, bending, tilt, shift

5. Breathing Therapy

Correct breathing: a specific internal de-torsional force to reverse scoliotic features and mobilize restrictive chest dysfunctions

6. Three Dimensional (3D) Stabilisation

Exercises in the treatment of idiopathic scoliosis, from positioning to auto self-correction in the Coronal, Sagittal and Transverse planes.

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

9. Schroth Network

Multidisciplinary concept including bracing

Schroth Therapist Certification

ISST course participants must pass a written and practical exam to receive certification as a Schroth Therapist. The certification authorizes them to provide Schroth Three Dimensional Scoliosis Therapy to scoliosis clients/patients.

Certification does not however authorize Schroth Therapists to teach other professionals the method. In the case of non-compliance, certification as a Schroth Therapist will be revoked.

In the practical exam each participant has to prepare a therapy plan for their randomly assigned in-patient, including a therapy diagram, scoliometer data, a customised exercise program, and an evaluation of the risk of progression.

Course participants must then supervise their assigned in-patient whilst he/she performs their customised exercise program.

To maintain currency of their certification, Schroth Therapists need to register for a 2-3day advanced training course within 5 years after completing the initial certification.

International Schroth Method Instructor Axel Hennes

Axel Hennes, was a senior Physical Therapist at the Asklepios Katharina-Schroth-Klinik in Bad Sobernheim from 1990 to 2015 and is currently contracted to the Klinik as an International Schroth Method Senior Instructor.

Whilst working at Asklepios Katharina-Schroth-Klinik one of his major responsibilities was Schroth Method education, and specifically the Schroth Therapist Training program.

In 2008 he conducted the first International Schroth Therapist Training course (ISST) in Germany, in the English language.

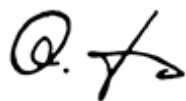
In 2015 He left the Asklepios Katharina-Schroth-Klinik to take up a more autonomous and challenging position with a team of scoliosis experts at the **Spine Concert Centre** in Bad Sobernheim. <http://www.spine-concept-sobernheim.de/>

In 2010 he was invited to present the Schroth Method at the Hunter institute in New York. The Institute's Dr. Boachie persuaded him to offer the Schroth Therapist Training program to Physical Therapists in the US. The first course in the US was held in 2011/2012.

ISST Courses in South-Korea, Japan, Thailand, Estonia and Latvia furthers his experience in teaching the Schroth method around the world.

He has been a member of The International Society of Orthopedic Scoliosis Rehabilitation and Treatment (SOSORT) since 2008.

August 29th 2016



Axel Hennes
International Schroth Method Instructor