

# ***The Schroth Best Practice Program*** by Dr. Weiss

## **The Schroth**

## **Best Practice® course program**

*(designed by Dr. Weiss, the grandson of Katharina Schroth)*

### Short description:

#### **The Schroth Best Practice® (SBP) course program**

The official Schroth Best Practice® course program (SBP) is designed for Physical Therapists, Occupational Therapists, Osteopaths, Chiropractors and other medical Physicians to allow the acquisition of the skills necessary to guide their scoliosis patients professionally, to diagnose curve patterns and to apply pattern specific exercises for the treatment of scoliosis.

For more about visit [www.schrothbestpractice.com](http://www.schrothbestpractice.com)

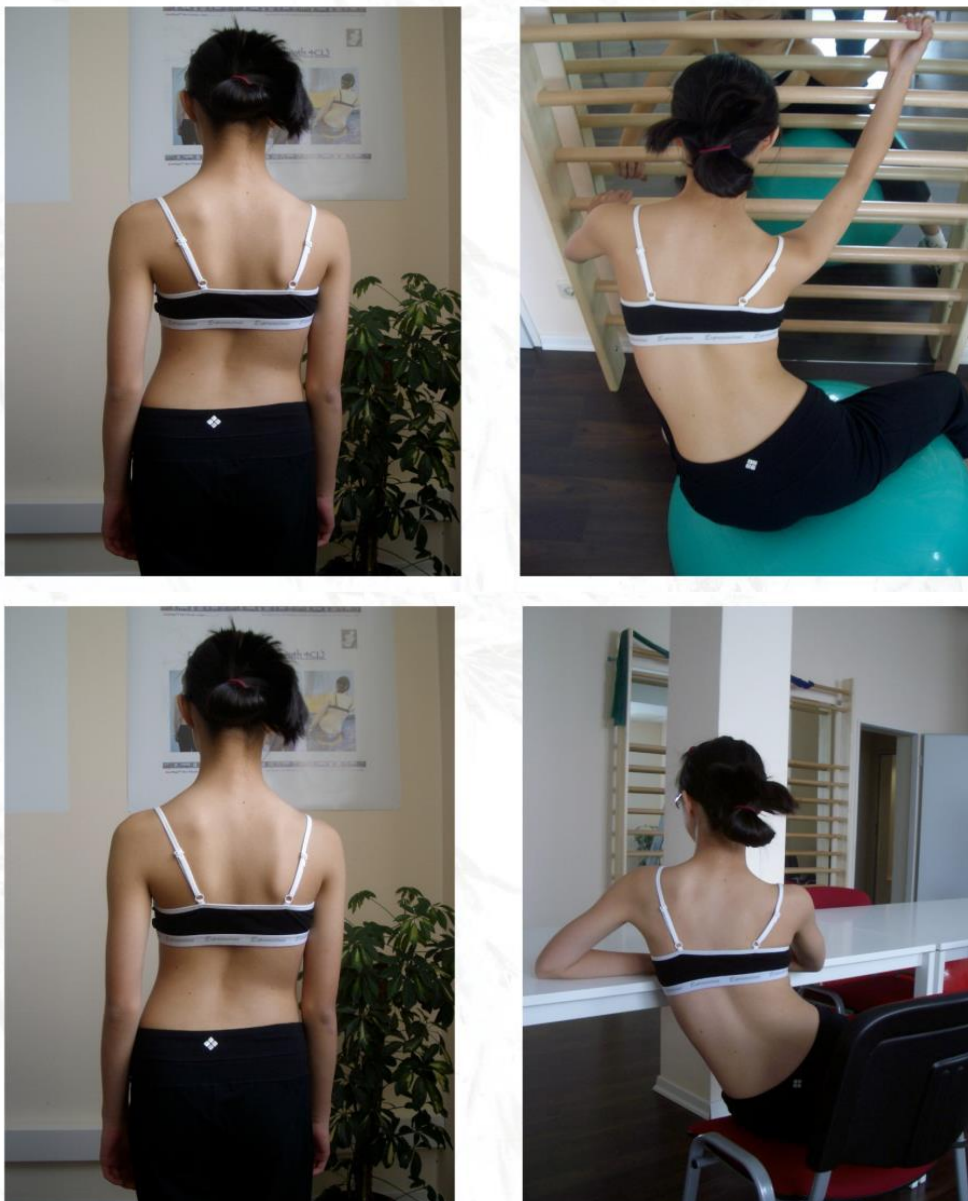


Fig. 1 and 2. The Schroth Best Practice® program is based on ADL corrections which are fostered with high correction exercises. The correction of the sagittal profile is another important aim we easily can address when using the physiologic® approach.

## Objectives:

- Classify different types of scoliosis and spinal deformities based on clinical and radiological findings.
- Identify curve patterns accurately using Schroth Best Practice classification principles.
- Perform comprehensive clinical assessment including postural analysis and functional evaluation.
- Measure and interpret key parameters such as ATR and Cobb angle for diagnosis and follow up.
- Apply Physiologic® concepts in standing, sitting, and walking for postural correction.
- Design individualized rehabilitation programs based on patient specific curve patterns and clinical reasoning.
- Implement pattern specific Schroth exercises to correct spinal deformities in three dimensions.
- Integrate ADL correction strategies into daily patient activities to enhance treatment outcomes.
- Apply systematic self correction techniques and 3D made easy exercises effectively.
- Develop long term management strategies including patient education and active participation in treatment.

## 5 days practical training

### Therapists only:

#### Day 1:

- Lectures (Conservative management of patients with spinal deformities – history - physiotherapy –indications, curve patterns – scientific evidence)
- Physio-logic™ (standing, sitting and while walking)
- Experiential learning session (workout of curve patterns)
- Correction of the Activities of Daily Living (ADL) in standing and sitting
- 3D-made-easy exercises + first ideas of Schroth.

#### Day 2:

- Lectures (Clinical & radiological investigation, deformities of different etiologies, brace treatment)
- Whole 1st. day program + Schroth exercises
- ATR and Cobb angle measurements
- De-Tethering exercises
- Examination

### Therapists together with patients:

#### First patient group!

#### Day 3:

|  |        |
|--|--------|
| Welcome – physio-logic™                                      | 90 min |
| Experiential learning: curve patterns & physical examination | 90 min |
| Scoliosis patterns and correction of ADL                     | 90 min |
| ADL & Walking, 3D-made-easy, Schroth I & II                  | 90 min |

#### Day 4:

|   |        |
|---|--------|
| Whole program + Schroth II & III                            | 90 min |
| Systematic self correction & 3D-made-easy, + Schroth IV & V | 90 min |
| Second patient group!                                       |        |
| physio-logic™, scoliosis patterns and correction of ADL     | 90 min |
| ADL & walking, 3D-made-easy, Schroth I & II                 | 90 min |

#### Day 5:

|                                  |         |
|----------------------------------|---------|
| Whole program + Schroth II & III | 90 min  |
| Whole program + Schroth IV & V   | 90 min  |
| Exam                             | 120 min |

## 2 international instructors:

### **Mahmoud Ibrahim, PT, PhD (EGYPT)**

- Schroth Best Practice Therapist, Schroth Best Practice Basic Instructor
- Assistant Professor at University of Hertfordshire
- Lecturer of Biomechanics and Ergonomics, Faculty of Physical Therapy, MSA, Egypt
- CEO of ARC for Scoliosis Physiotherapy

### **Mai Ahmed, PT, M.Sc (EGYPT)**

- Schroth Best Practice Therapist, Schroth Best Practice Basic Instructor
- Assistant Lecturer, Physical Therapy for Surgery and Burn, Faculty of Physical Therapy, Ahrum Canadian University, Egypt
- Branch Manager at ARC For Scoliosis Physiotherapy



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