

## Schroth Best Practice®

The Schroth  
Best Practice® course program



### **Course location:**

ScolioFys  
Vesterbrogade 35, 4th floor  
1620 Copenhagen V

### **Acommodations:**

Comfort Hotel Vesterbro  
Vesterbrogade 23-29  
1620 Copenhagen V

*We have arranged a 10% discount with the hotel  
which is located next door to the clinic*

## Description

The official Schroth Best Practice® Basic course program is designed for physical therapists, occupational therapists, physicians, and chiropractors (with a minimum of 5 yrs experience) to allow the acquisition of the skills necessary to professionally guide their scoliosis patients, to diagnose curve patterns, and to apply pattern specific exercises for the treatment of scoliosis.

## Upon completion:

Upon completion of the five day course and passing of the examination, attendees will:

- be able to accurately diagnose scoliosis curve patterns
- be able to measure Cobb angles on x-ray
- be Schroth Best Practice® Certified Basic Level
- have the knowledge to implement pattern specific exercises and treatment plans for patients
- have gained hands-on knowledge and experience treating patients with a variety of curve patterns

## Pricing:

-Price per participant for entire course is: DKK 15.000 if paid by December 30th, 2020. If paid after December 30th, the price is DKK 16.000.

Deposit of DKK 5.000 to secure a spot due November 15th, 2020

Course is limited to 12 participants for an optimal learning environment and hands-on experience. As enrolment is limited, your spot is not guaranteed until payment is received.

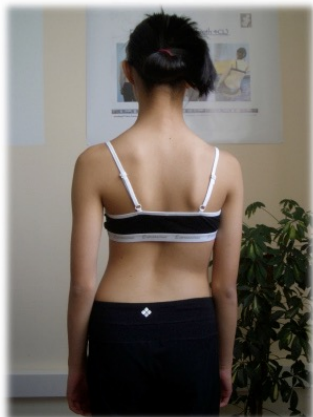
*A minimum of 6 participant needed to run the course.*

*Price includes:*

- *Schroth Best Practice Basic Course*
- *Course Materials*
- *Lunch and food during course breaks on all days*
- *Certification upon passing of examination*

**-Payment can be made via bank transfer. ScolioFys ApS Danske Bank reg no. 4366 acc.11650902  
IBAN DK0830000011650902  
SWIFT: DABADKKK**

**Full registration and payment is due by December 30th 2020**



## How to Register:

Please email the following information to [info@scoliofys.dk](mailto:info@scoliofys.dk) to receive registration packet\* and additional course information by **November 1st 2020:**

- **Full Name**
- **Email**
- **Profession/ Job Title**
- **Organization**
- **Complete Mailing Address (include country)**
- **Billing Address (if different)**
- **Phone number**

*\*Registration packet will include: course schedule, course agreement, course application*

## Course Outline/ Schedule

### Basic level (theory and lecture)

#### Wednesday January 27, 2021

- Registration
- Conservative Management of patients with spinal deformities- rehabilitation, bracing, and scientific evidence
- Physiologic
- Classification of curve patterns
- Activities of daily living, 3D Made Easy exercises, introduction to Schroth

#### Thursday January 28, 2021

- Indications, curve patterns, deformities of different etiologies
- Schroth exercises
- Review of entire program
- Examination

### Basic level (with patients)

#### Friday January 29, 2021

- Physiologic
- Curve patterns
- Physical examination
- Activities of daily living corrections
- Activities of daily living and walking
- Systematic self correction
- De-tethering exercises

#### Saturday January 30, 2021

- Systematic self correction & 3D Made Easy
- Rehabilitation of walk
- Power Schroth exercises

#### Sunday January 31, 2021

- Children
- Whole program
- Conclusion and certification

## About the instructors:



**Pernille Winslöv Wied, B.Pt**  
**Physical therapist**  
**Schroth Best Practice Advanced Instructor**  
**Schroth Best Practice Academy Board Member**  
**Best Practice Bracing Specialist**



**Lisa Elliott, B.Pt**  
**Physical therapist**  
**Schroth Best Practice Advanced Instructor**  
**Schroth Best Practice Academy Board Member**  
**Best Practice Bracing Specialist**

Pernille and Lisa have been practicing physical therapy at a private clinic in Copenhagen since 2008. Prior to this they both have experience with athletics care and rehabilitation in sports. In 2018 they opened ScolioFys Scoliosis & Spine Clinic - the first clinic in Scandinavia specialising in the treatment of spinal deformities.

Since 2014 they have been specialising in conservative treatment of scoliosis and have a special interest in the care of children with scoliosis. They are advocating better practice for scoliosis patients in Denmark, and better conservative treatment and are the first Schroth Best Practice Practitioners in Scandinavia.

They have also brought the Chêneau-Gensingen Brace to the Scandinavia at Dansk Skoliose Center.