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 patter 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:

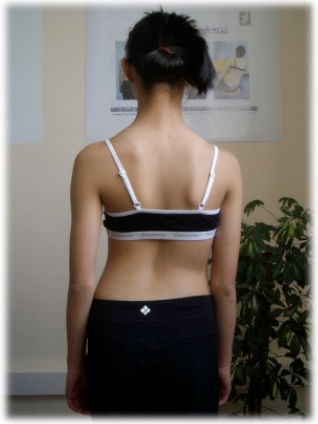
-Price per participant for entire course is: DKK 15.000 if paid by May 1st, 2021. If paid after May 1st, the price is DKK 16.000.

Course is limited to 8 participants for an optimal learning environment and hands-on experience. As enrolment is limited, your spot is not guaranteed until payment of deposit is received.
A minimum of 4 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 May 1st 2021



How to Register:

Please email the following information to info@scoliofys.dk to receive registration packet* and additional course information by **April 20th 2021**:

- **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 June 2, 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 June 3, 2021

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

Basic level (with patients)

Friday June 4, 2021

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

Saturday June 5, 2021

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

Sunday June 6, 2021

- Children
- Whole program
- Conclusion and certification

About the instructors:

Pernille Winsløv 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.