

## Schroth Best Practice®

The Schroth  
Best Practice® course program

**May 22 - 26, 2024**



### **Course location:**

ScolioFys  
Vesterbrogade 35, 4th floor  
1620 Copenhagen V

### **Acommodations:**

Contact us for information about  
accommodations in the area

## 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 including bracing advice
- have gained hands-on knowledge and experience treating patients with a variety of curve patterns

## Pricing:

-Price per participant for entire course is: DKK 16.000 to be paid by April 15th. A deposit of DKK 5.000 to secure a spot is due by March 1st, 2024.

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 of deposit is received.

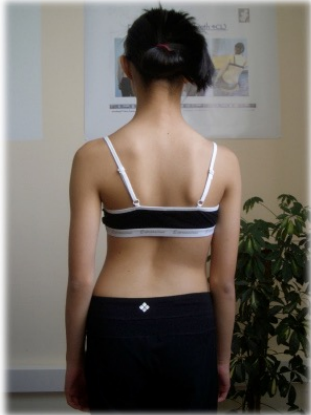
*A minimum of 6 participant needed to run the course.*

*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 upon receipt of invoice.**

**Full registration and payment is due by April 15th, 2024**



## 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 **March 1st 2024**:

- **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 May 22, 2024

- 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 May 23, 2024

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

### Basic level (with patients)

#### Friday May 24, 2024

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

#### Saturday May 25, 2024

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

#### Sunday May 26, 2024

- Children
- Whole program
- Conclusion and certification

## About the instructors:



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



**Lisa Elliott, B.Pt**  
*Physical therapist*  
*Schroth Best Practice Senior 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. Now Senior Instructors for the SBP Academy they have run courses for the Academy in Denmark and abroad since 2016. Amongst others in Cairo and Melbourne.