

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



# **The Schroth Best Practice® course program**

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



## **We´ll put your spine back on the rail!**





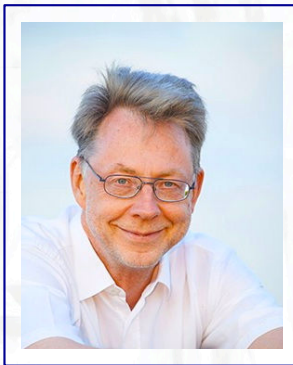


## The Schroth Best Practice® (SBP) course program

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. Official course language is English but can be made available in other languages as well ([www.schrothbestpractice.com](http://www.schrothbestpractice.com)).

Our senior instructors will be happy to hold a course in your country when invited, but first of all check on our homepage ([www.schrothbestpractice.com](http://www.schrothbestpractice.com)) whether there are already courses available in your country.

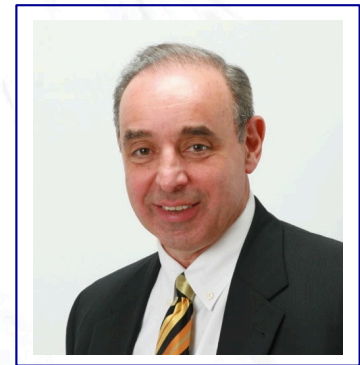
*Senior instructors are:*



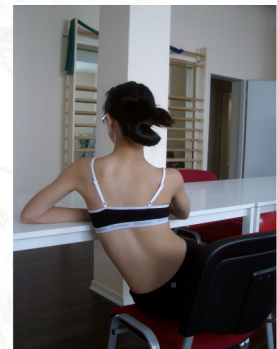
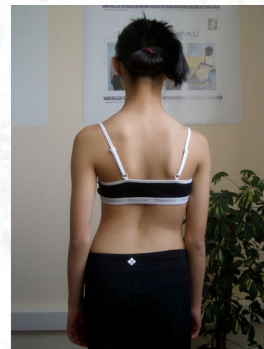
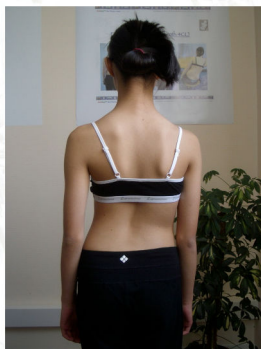
Dr. Hans-Rudolf Weiss



Maksym Borysov



Dr. Marc Moramarco



*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 physio-logic® approach.*



## Schroth Best Practice (SBP) course

### *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

*Handout of certificates*





# Hans-Rudolf Weiss, MD

## Orthopedic Surgeon, Physical Medicine & Rehabilitation

Senior Instructor and designer of the Schroth Best Practice Program

*Schroth Best Practice Academy*

*Haarbergweg 2; 55546 Neu-Bamberg; Germany*

*hr.weiss@koob-skoliose.com*



- I. Education:**  
Physical Therapy School (University of Mainz, Germany 1977 – 1979);  
Physical Therapy examination 1979;  
Studies of Medical Sciences 1979 – 1985 in Regensburg, Mainz and Frankfurt;  
Examination 1985;  
M.D. 1986;  
Residency in Traumatology 1986;  
Residency in Orthopedic Surgery 1987 – 1992.  
Orthopaedic Surgeon since 1992,  
Specialist for Chirotherapy and Physical Therapy 1992;  
Specialist for Physical Medicine and Rehabilitation 1996,  
trained in Psychosomatic Medicine 1996;  
Specialisation for Traditional Chinese Medicine (TCM) 2000.
- II. Professional Appointment:** Medical Director, Orthopedic Rehabilitation Services "Gesundheitsforum Nahetal", Gensingen (formerly head of the Asklepios Katharina Schroth Centre)
- III. Editorial Board:**  
a. Résonances Européennes du Rachis (Official Organ of the Société Internationale de Recherche et d'Etude sur le Rachis – SIRER)  
b. Pediatric Rehabilitation (Taylor & Francis)  
c. Scoliosis - 2013  
d. BMC Musculoskeletal Disorders - 2013
- IV. Society Board:**  
a. IRSSD (International Research Society for Spinal Deformities) - 2008  
b. SOSORT (Society on Spinal Orthopedic and Rehabilitation Treatment) -2008  
c. Schroth Best Practice Academy
- V. Founding Editor of:** "Scoliosis" (Peer reviewed Pub Med listed open access journal)
- VI. Editor in Chief of:** OA Musculoskeletal Medicine
- VII. Inventor and developer** of new comfortable brace designs such as: physio-logic™ brace, spondylogic™ brace, kyphologic™ brace, USO, Chêneau light™, Gensingen brace™ and the Spinealite™.
- VIII. Inventor and developer** of new approaches of physical therapy such as: physio-logic™ exercises, 3D-made-easy, specific ADL approaches and "Schroth Best Practice"
- Award:** Best Clinical Paper at the 6<sup>th</sup> biannual meeting of the International Research Society for Spinal Deformities (IRSSD), Vancouver, June 2004: H.R. WEISS, G. WEISS: Is natural history changed by SpineCor treatment during pubertal growth spurt in girls with IS?

Guest editor of the special issue on scoliosis: Pediatric Rehabilitation 6, number 3-4, July – December 2003

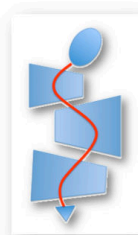
Guest editor of the special issue on scoliosis: Physical Therapy - Theory and Practice 1, 2011

Guest editor of the special issue on scoliosis: Current Pediatric Reviews, Vol. 12, 2016

Guest editor of the special issue on scoliosis: The Open Orthopedics Journal, Vol. 11, 2017

More than 500 publications including 10 books and > 100 listings in Pub Med.





# The Schroth Best Practice Program <sup>by</sup> Dr. Weiss



## SBP basic course

### Participants:

10 – 15 participants, 12 patients

### Audiovisual requirements:

beamer / monitor

Two patient groups of 6 patients will be trained for one and a half day / one day (second group)

### Equipment needed:

1. Exercising hall of min. 70 square meters
2. At least 6 wallbars with mirrors behind (for every additional patient pair another)
3. At least 6 mobile mirrors (for every additional patient pair another)
4. At least 6 Gym-mats (for every additional patient pair another)
5. At least 6 Gym-balls (for every additional patient pair another)
6. About 15 chairs and 3 tables to sit at
7. Enough restrooms
8. Refreshments for the attendees during the morning break (Coffee, Tea, snacks)
9. Facility for lunch

### 1. Senior instructors fee: 8.000,- €

### 2. Hotel accomodation\*\*\*\*

### 3. Business class flight (nonstop when available)

### 4. All transfers and meals

### 5. 10% of the gross turnover of the course to be payed to the Schroth Best Practice Academy as a royalty (The royalty fee may be reduced or waived in full upon request for special circumstances)

## SBP <sup>advanced</sup> courses can be made available upon request!

To be booked not earlier than 12 months after SBP basic certification!

*(Suggestion for SBP® partners: SBP courses 1500,- € and 1 or 1 and a half days of patient intensive rehabilitation 300 / 450,- € for full professional guidance by the senior instructor and the professional participants.)*