



## SSOL Schroth Practical Review

Saturday Dec 16	
8:30AM – 12:00PM 15 minute break	<ul style="list-style-type: none"> <li>• <b>Assessment/Evaluation:</b> from head to toe including leg length discrepancy, pelvis obliquity, sagittal alignment and more.</li> <li>• <b>Curve classification:</b> typical and non-typical cases, adults vs AIS classification.</li> <li>• <b>Expansion Techniques:</b> how to best teach the patients in supine, sitting and standing. AIS vs ASD</li> <li>• <b>Full and Semi Handing:</b> all variations</li> </ul>
12:00PM – 12:45PM Lunch	
12:00PM – 6:00PM 15 minute break	<ul style="list-style-type: none"> <li>• <b>Prone on Knees (POK):</b> all four positions, from sitting on the heels to POK, when to use yoga blocks</li> <li>• <b>Supine:</b> with and without poles, with Ilio-psoas activation</li> <li>• <b>Side-lying:</b> When and where to use the rice bags, when can we do this exercise on both sides, advance positions, Pilates side-lying for hip-trunk dissociation and strengthening</li> </ul>
Sunday Dec 17	
8:30AM – 12:00PM 15 minute break	<ul style="list-style-type: none"> <li>• <b>X-ray analysis:</b> detailed analysis of the sagittal and coronal planes</li> <li>• <b>Prone on Stool (POS):</b> how to turn this exercise to a favorite one, advanced positioning using Thera-band to open the concavities.</li> <li>• <b>Prone on Ball:</b> with the use of ilio-psoas activation</li> </ul>
12:00PM – 1:00PM Lunch	
1:00PM – 5:00PM 15 minute break	<ul style="list-style-type: none"> <li>• <b>Sitting:</b> all variations and what is best for each curve type, The Chest Twister (on chair and on ball), "50 pair", Special sitting for primary Lumbar/TL and for primary thoracic curve</li> <li>• <b>Standing:</b> all variations including Schroth walk</li> <li>• <b>Bracing:</b> All you wanted to know - discussion with Orthotist</li> <li>• <b>The Upper Thoracic Curve:</b> What can we do about it?</li> </ul>



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### Registration Form

I am (circle one)	P1 or P2 therapist
Full name	
Mobile phone #	
Home address	
Personal email	
Years of practice as Schroth PT	

**Course Fee:** \$800

Course payment is due in full at time of registration.

Course may be paid by Zelle using my email [hagitberdi@gmail.com](mailto:hagitberdi@gmail.com) or Venmo using @hagit-berdishevsky or bank wire (details will be shared upon request).

**Course Location:**

Main: SchrothNYC Studio - 16 East 96th Street 1B, New York, NY 10128

**Course Cancellation Policy:**

1. If registrant cancel with less than 15 days notice no refund will be issued
2. If registrant cancels with more than 15 days notice a refund will be issued, less 10% service charge
3. We reserve the right to cancel the course at any time due to low attendance or other conflicts.
4. Should the course be cancelled by teacher, a full refund will be issued.

**Course Application:** Email to [hagitberdi@gmail.com](mailto:hagitberdi@gmail.com)