



Katharina Schroth's three-dimensional scoliosis treatment

The following list of trained and certified Schroth therapists will be updated as more healthcare practitioners inform me that they have absolved training courses. I cannot otherwise evaluate these individuals.

For patient experiences with one therapist or another, you can consult online forums at the (American) National Scoliosis Foundation, the Scoliosis Support forum in Great Britain, the Skoliose-Info-Forum in Germany (which has an English-language section), and similar ones in other countries.

Some clinics, particularly the original Katharina-Schroth-Klinik in Bad Sobernheim (Germany) which has nearly 200 beds, are larger and treat groups of inpatients simultaneously (as well as in individual sessions). Solo practitioners often tend to treat outpatients one at a time. In the larger clinics, patients are normally divided into groups that share similar scoliotic configuration.

An advantage of a very small clinic is that the patient may receive more intense, individual attention from the therapist. The larger clinics, however, offer the advantage of learning from similar patient cases, and of a sense of community and shared experience which can be especially important for teen-aged patients. Therefore, one cannot necessarily recommend one type of clinic or one practitioner over another, as only the patient can judge which characteristics are preferable for his or her case.

Schroth Therapy today is an evidence-based method of physical rehabilitation for scoliosis and other spinal deformities. There are cohort studies which clearly show that the program established by Katharina Schroth and improved by her daughter, Christa Lehnert-Schroth, PT, can benefit nearly all signs and symptoms of scoliosis.

A prospective controlled study clearly shows the effectiveness of Schroth methodology and a recent randomized controlled study from Turkey has elevated evidence for Schroth to Level I. Advancements to original Schroth – Schroth Best Practice® – are documented by several studies demonstrating even more corrective results for patients learning Schroth as outpatients.

These Schroth updates, add-ons and improvements were created in Germany in the last decade and are used internationally. They are described in the book: *Schroth Therapy: Advancements in Conservative Scoliosis Treatment*, by Dr. Hans-Rudolf Weiss (3rd generation Schroth family), Christa Lehnert-Schroth, PT, and Dr. Marc Moramarco and Kathryn Moramarco of the US.

Therefore, the Schroth Best Practice Academy board, an international team of highly skilled specialists in the conservative treatment of scoliosis and other spinal deformities, offer the following list of fully trained (A and B Level certified) practitioners to patients seeking trusted care. Therapists certified in the Asklepios Clinic before 2010 (old Schroth) may have the opportunity to join our international team after additional training.

Our hope is to make it easier for patients to find a Schroth Best Practice specialist trained to apply the most highly effective evidence-based approaches for scoliosis management. Feel free to inquire with the Schroth Best Practice Academy board member for an A Level trained therapist from your country should there be no fully-licensed (A & B Level) practitioner of our updated Schroth protocols near your place of residence.

Please note that fully licensed trainees advertising to mix our treatment protocols with other unproven methods (Pilates, Yoga, CLEAR, NuSchroth, SpineCor etc.) will immediately be removed from this listing as it is necessary to ensure patients receive instruction in our evidence-based specialized approach. Only listed academy board members with an instructor designation are qualified to teach our Schroth methodology to other professionals.



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