

SBP Refresher

Refresher courses are held by advanced instructors. For the refresher, the only precondition is to have a SBP basic (former B-Level) or advanced certificate.

Within this course we will repeat some content, go a bit deeper into original Schroth, kyphosis exercises and de-tethering exercises as found in the second edition of our textbook 'Schroth Therapy.'

Additionally we ask the participants to provide a Power Point presentation of 3 cases each two weeks before the course starts. One of these case presentations should be more comprehensive like in the example as provided (classification, treatment indication, measurement of Cobb angle, exercises).

This course is designed without patients, however the course organizer may invite one or two patients for practical demonstrations during a 45' case presentation session.

Schedule

Saturday

08:45 am: Registration
09:00 am: Presentation State of the art Part I
09:45 am: Presentation of the SBP educational program (physio-logic – ADL – 3D-made- easy – Power Schroth – De-Tethering – How to implement experiential learning)
10:30 am: Coffee break
11:00 am: Practical: Power Schroth exercises improved
11:45 am: Case presentations
12:30 am: lunch break
01:30 pm: Kyphosis exercises (thoracic, thoraolumbar, lumbar)
02:15 pm: Case presentations
03:00 pm: Coffee break
03:30 pm: Original Schroth exercises (Thoracic curves > 60°)
04:15 pm: Case presentations
05:00 pm: Miscellaneous
06:00 pm: Dinner
07:00 pm: Case presentations
07:45 pm: Q & A
08:30 pm: End of first day

Sunday

09:00 am: Power Schroth exercises (how to increase shift and improve sagittal correction)
09:45 am: Cobb angle measurement / ATR measurement
10:30 am: Coffee break
11:00 am: Case presentations
11:45 am: Recapitulation
12:30 pm: Handout of certificates / fare well

Certification for the refresher course is only possible when (1) the SBP basic (B-Level) or SBP advanced certificate has been submitted as the latest two weeks prior to the course together with (2) the three case presentations!