



Welcome to the Schroth Best Practice® Program. We are very pleased to have you joining us. You have chosen to participate in an incredible journey, and after successful completion, you will have the skills and ability to improve your quality of life. We welcome you to the practice. Here is what to expect.

**Exam/Schroth Intro Session:** We begin with an exam, posture assessment, and X-ray evaluation. We will then learn activities of daily living to adjust your everyday positions to be corrective and instill new good habits to support your exercises and brace (if you wear one). This visit is about 45 minutes. Please read the bullets below for VIP INFO.

- Please arrive ON TIME or early to get parked and situated and to give you as much of my time as possible.
- Please bring a sports bra/tank top and leggings/tights for the ladies/bike shorts for the gentlemen). This is important for me to be able to measure your curve and to see your back.
- Bring your X-rays and reports. If you can send them ahead of time, even better. Without proper X-rays, our visit will be limited.
- Regarding Xrays: please send portal access or the images to me via email ASAP - if we struggle with discs or MRI images at the appointment time it will use the valuable time that we need to spend working together.
- Please park under our building with valet, on the street or in nearby lots (Starbucks/Amazon). Sorry, we do not validate.
- CC or another form of deposit is required to secure the appointment time - see below.
- Strict 24-hour cancelation policy to avoid loss of deposit is required due to the waitlist.
- \$75 Deposit can be sent to:
- Zelle: [wellnesscenterofencino@gmail.com](mailto:wellnesscenterofencino@gmail.com)
- Venmo: <https://venmo.com/Andromeda-Stevens>
- PayPal: <https://www.paypal.com/paypalme/andromedas>
- Your deposit will be deducted from your consultation fee at the time of service
- Your custom manual will be emailed to you after we complete the program so be sure you download it promptly to avoid losing the link.

In Health,

Dr. Andromeda Stevens, D.C., Schroth Scoliosis Certified Level I&II  
NCPT/PMA Certified Pilates Teacher™ & PMA® Continuing Education Provider  
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Connect with me to stay motivated and informed or for more info on the Schroth Scoliosis Technique

[www.ScoliosisCoach.com](http://www.ScoliosisCoach.com) [Instagram](#) [Facebook](#) [YouTube](#)

Pilates Interest?  
Site & Shop: [www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

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