

SSOL P1 (Practical 1) Course Description and Objectives

Prerequisites:

- Successful completion of SSOL-Schroth Online Foundations Course, (24 contact hours) and obtaining the Certificate of Completion.
- Licensed Physical Therapist or Physical Therapy Assistant.

Description:

P1 and P2 are the practical, in-person and hands-on components of SSOL Schroth Certification courses. These live practical courses give students the opportunity to learn and practice the Principles of Correction and PSSE (Physiotherapeutic Scoliosis Specific Exercise) according to the original Schroth Method and guided by the experience and most up-to-date evidenced-based research. PSSE emphasizes exercises that address the 3D nature of spinal imbalances, with different modifications for different curve patterns to promote the most 3D balanced posture possible for optimal sensorimotor, kinesthetic and neutral spine core stability as well as diaphragmatic function. The goals of PSSE are numerous, and include, but are not limited to:

- Stabilizing a scoliosis or hyperkyphosis and reducing risk of curve progression.
- Improving neutral spine core stability.
- Improving respiratory function.
- Improving independence with ADLs.
- Reducing pain.
- Improving fluid and stable movement via optimizing 3D postural balance and joint congruency.
- Improving knowledge base of both the practitioner and the patient to empower safe and independent participation in recreational exercise and appropriate modifications with respect to the patient's unique curve pattern.
- Improving knowledge base of the practitioner to be able to offer appropriate resources to the patient with spinal pathology (bracing, surgical consult, psychological).

P1 is a total of 6 days (48 live contact hours) and unravels the complexity of scoliosis and spinal imbalances via detailed, evidenced based information to help therapists appreciate and optimally address the 3-dimensional nature of these conditions. Therapists learn how to recognize, assess, and treat patients of all curve patterns. Additionally, therapists learn comprehensive radiological evaluation and are introduced to other professionals (orthotists, psychologists, spine surgeons) to best understand the complete and unique biopsychosocial needs of each patient.

Course format includes lectures, labs, and live patient demonstration. Day 6 includes a written examination, with a passing score required for P1 certification. Following P1 certification, therapists must practice theory and exercise for a minimum of 1 year before applying for P2. In order to maintain SSOL Schroth certification, therapists must successfully complete P2 certification course within 1-3 years of completing P1.

P1 Course Objectives:

By the end of this course the student will be able to:

- Describe the 3D Principles of Correction as originally developed by K Schroth.
- Apply Principles of Correction to treat scoliosis and kyphosis in accordance with Physiotherapy Scoliosis Specific Exercise (PSSE) guidelines set by SOSORT (The International Society on Scoliosis Orthopaedic and Rehabilitation Treatment).
- Define correction strategies for each specific scoliosis and kyphosis case type in all treatment positions.
- Develop a treatment plan based on clinical and radiological patient profiles.
- Treat patients using 3D correction principles appropriate for each case type.
- Educate patients and families on optimal 3D spinal mechanics during ADLs to minimize risk of curve progression and promote optimal spine health in ADLs and recreational exercise choices.
- Educate patients and families on how PSSE differs in its treatment approach than traditional physical therapy.
- Perform radiological and clinical assessments on patients with spinal asymmetries for correct curve classification.
- Demonstrate appropriate tactile and verbal cueing with patients when performing PSSE related assessments and treatment.
- Develop a collaborative team approach for patients with spinal asymmetries that includes the referring physician and/or surgeon, the patient/family, and if appropriate, orthotist and/or psychologist.
- Describe the biopsychosocial qualities and needs of this unique patient population.