

SCOLIOSIS COACH

- 2024
- Andromeda Stevens Chiropractic, Inc.
- Scoliosis Coach
- Wellness Center of Encino

Cutting Edge Treatment Based on
Schroth Best Practice® for Scoliosis,
Chiropractic and Pilates Therapy



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More Information - Available By Request

ScoliosisCoach@gmail.com

Welcome to the Scoliosis Coach at
Andromeda Stevens Chiropractic, Inc.



Introduction

Thank you for your interest in the Scoliosis Coach Programs. We offer not only one of the most profoundly effective scoliosis treatment systems ever developed, but the added benefit of the extensive rehabilitative aspects of the work of Joseph Pilates and of Katherina Schroth. These methods, combined with options of chiropractic, nutrition and bracing, constitute a powerful program. The importance of quality instruction, well rounded, cutting edge training and good credentials cannot be ignored in today's complex scoliosis treatment landscape.

This brochure will provide you with information on all of our programs. If you have any further questions or concerns we invite you to contact us, or one of our associates. We would love to meet with you in person to introduce you to our practice and discuss our program, as this is a big decision for you. Thank you for choosing Dr. Andromeda Stevens Chiropractic, Inc. I look forward to seeing you in the clinic soon.

Best Wishes,

Dr. Andromeda Stevens Chiropractic, Inc.
Schroth Best Practice® Certified, Level I & Advanced Level II
Cox Flexion/Distracton Technic® Certified
BSPTS Concept by Rigo Basic Level 1-3 Certified
Physiotherapeutic Scoliosis Specific Exercises Schroth Method
PSSE – Schroth method (Physiotherapeutic Scoliosis Specific Exercises) Basic Course Certified
NCPT / Pilates Method Alliance Certified Pilates Teacher™,
Founder / Director: Scoliosis Coach & Wellness Center of Encino
Co Founder of Pilates Sports Center International, Inc.



Facilities / Studio

Located in Encino, CA the Wellness Center of Encino offers a variety of services:

The studio has state of the art Pilates equipment by Balanced Body including:

Reformers, Cadillac, Springboards, Wunda Chairs, Ladder Barrel, Small Barrels and a wide array of Pilates props and small apparatus.

We are fortunate to have completely private Pilates studios as well as a small group studio.

Our services includes:

- Schroth Best Practice® Advanced Level Certified Scoliosis Therapy
- Scoliosis Bracing with the Gensingen Cheneau® Brace
- Chiropractic
- NCPT / PMA Pilates Certified instruction that is medically supervised
- [Pilates Certification Programs](#)



Our studio is the hub of an international Pilates Teacher Training Program and we host workshops regularly.

To schedule a chiropractic or scoliosis evaluation book online:

<https://bit.ly/47iDDfi>

[Link To Video](#)



To book a Pilates session please text/call us.
(424) 234-1519

16430 Ventura Blvd Suite 108, Encino CA 91436
www.ScoliosisCoach.com ScoliosisCoach@gmail.com
818 970 1222 – Dr. Stevens

www.WellnessCenterofEncino.com
(424) 234-1519 – Wellness Center / Pilates Studio

Dr. Andromeda Stevens, D.C., became a doctor because she was motivated by her own scoliosis condition. Her practice specializes in scoliosis treatment and the proper rehabilitation of the lower back. She was introduced to Pilates and was so impressed that she became a NCPT (PMA Gold) Certified Instructor to offer Pilates to her patients as a way resolve pain more effectively. The profound results obtained by her patients led her to co-found Pilates Sports Center, Inc. and the Wellness Center of Encino in Los Angeles.

Dr Stevens, DC Credentials and Bio

Andromeda also co-directs the International PSC Pilates Teacher Training Program and the Pilates Master Teacher Program to provide the highest standard of excellence in education.

Her credentials include:

- Cleveland Chiropractic College of Los Angeles Graduate '96
- Schroth Best Practice® Certified Advanced/Level II by Dr. Moramarco, D.C & Dr. Hans Weiss - of the original Schroth family
- BSPTS Concept by Rigo Basic Level 1-3 Certified
- PSSE – Schroth method (Physiotherapeutic Scoliosis Specific Exercises) Basic Course Certified
- Cox Flexion/Distraction Technic® Certified
- Integrated Flexibility Training – The Sports Club/LA
- BalletCore® Certified
- Massage Therapist – Touch Therapy Institute
- Pilates Method Alliance “Gold” Nationally Certified Pilates Teacher™ (NCPT)
- Advances in Pilates – Long Beach Dance Conditioning 2000
- CPR / First Aid Certified
- Presenter at: PMA / Mind Body Spirit / Pilates On Tour / Inner Idea / Mad Dogg WSSC and MindBody Fit Pro / Human Movement Conference / HiggyCon 2023
- Master Teacher Trainer for Reebok Sports Club/NY 2007
- Participant: PMA Fostering Future Professionals Program™
- PMA Teacher Registry™ and PMA Education Provider™
- Co-Creator of Pilates Sports Centers Workshops and Membership Channel and DVD library
- Co-Creator of Pilates Sports Centers Burn at the Barre™ Teacher Training Programs (Level I & II)
- Co-Creator Pilates Expo Los Angeles
- Board of Directors - The Pilates Initiative
- Cupping Therapy Trained by Steve Stone L.Ac., MTOM, Dipl. OM, and Dr. Alexander Ezzati, L.Ac.,

Learn More About Scoliosis and the Schroth Method

History of the Schroth Method

The Schroth Method is a physiotherapeutic system of exercises for scoliosis, which was developed in Germany by Katharina Schroth (1894-1985), a scoliosis sufferer herself. She opened a clinic in Germany. Her daughter, Christa Lehnert-Schroth, a trained physical therapist, worked with her on further developing her exercises. Although no longer owned by the Schroth family, the Asklepios Katharina-Schroth Klinik today treat over 1000 patients annually. Most American insurance carriers cover this treatment and American and European doctors routinely refer scoliosis patients for non-surgical treatment such as Schroth.

Schroth Basics

One of the premises of the Schroth system is that the muscle groups, which support the spine, have become asymmetrical. The imbalances keep the scoliotic spine pulled into abnormal curves and twists, and unless corrective actions are taken, the problem builds upon itself. The Schroth Method first assesses and classifies the patient's spinal curves. Following this, the patient is taught exercises that are specific to his or her curve. The exercises are designed to help patients counter the effects of gravity and uneven muscle pull on their spines. They learn to correct their postural positions and perform strengthening and breathing exercises. Patients will perform frequent repetitions of the exercises regularly for optimal benefits.

Bracing Basics

Many patients also use bracing in conjunction with Schroth therapy. The Cheneau-Gensingen® Brace is specifically designed to work well with the Schroth Method.

Dr. Hans R. Weiss (Grandson of Schroth) in 2005 compared the Cheneau brace to Spine-Cor™ and noted patients with the Spine-Cor™ averaged almost 10 degrees of progression while patients with the Cheneau brace average 0 degrees of Progression.

Bracing & Schroth Goals:

- Maintain improved posture lifelong
- Avoid surgery
- Improve posture and appearance
- At least partially reverse abnormal curvatures



Hard brace / Cheneau vs.. Soft brace / SpineCor

Why the Gensingen Cheneau Brace?

We have so much to tell you about the decision to brace as not all braces are created equal.

Please consult with us before making your decision.

Please read more about this brace on our page <https://scoliosiscoach.com/scoliosis-bracing> or our partner <https://www.socal scoliosiscare.com/>

Learn more on my Podcast: <https://linktr.ee/scoliosiscoach>

F.A.Q.

Will I have to wear a brace as part of this program? Bracing is HIGHLY recommended if the patient is still growing to create the best result and prevent an increase in the curvature that can happen quickly while “watching and waiting.” Studies show that hard braces are better than soft braces. If you are concerned about wearing a brace interfering with school or the activities of life – there are many support groups that will share their experiences. You are not alone in your journey! PLEASE consult me before brace consulting anywhere. Not all braces are the same!

Can I use the Schroth method if I have undergone/am undergoing bracing treatment?

Yes, although the brace must be removed whilst the exercises are being performed. The combination of brace AND exercise is the best.

How long is this treatment program? Unlike surgery this is not a quick fix. The treatment program is for life.

What does the treatment program involve? It consists of an exercise program that is tailored to the individual. It involves postural exercises and breathing to expand the weak/concave side and to strengthen the muscles to maintain this improvement.

How successful is this treatment? It is as successful as you make it. The choice is yours; those who follow the program with a positive attitude and work hard reap the rewards. There is about an 80% success rate.

How long does one have to receive treatments and will I need follow-up visits?

The average initial visit is 1.5 - 2 hours, during which time you will learn new daily habits and exercises to reduce your curve and enable you to perform them at home. You should have ongoing coaching to keep you on track and check-ups to adjust your personal exercise plan and evaluate your curves.

Is this a conventional method of treating scoliosis? Not in America yet, but it has been taught successfully in Europe since 1921. Unfortunately most surgeons in the US aren't aware of this successful, non-invasive treatment. The Schroth method is a severely underutilized form of treatment, despite its very high success rate. The reason for this is the extreme dominance of conventional forms of treatment in the USA, where most scoliosis consultants are surgeons and are therefore pro-operation. Patients and their families need to research and investigate alternative forms of treatment that usually have fewer problems and no bad long-term effects.

What are the “boot camps” I keep reading about? Unfortunately not all programs follow traditional Schroth and have modified the program to involve intensive weekends, soft braces or an alternate brand not Schroth approved, and are very costly. Be aware and do your homework. If you are looking for a truly Certified Schroth Best Practice® doctor please visit this listing on Dr. Hans R Weiss' page. Dr. Hans Weiss is the grandson of Schroth and carries on her lineage with full integrity. <https://schrothbestpractice.com/usa/> and why some practitioners are different: <https://schrothbestpractice.com/physical-rehabilitation-schroth-best-practice->

Does it matter what exercise I do? Everybody's curves are different (in number, size, shape etc.) and a basic exercise program would not necessarily suit your curves. Doing exercises from video or a book are NOT customized to your specific situation. Therefore doing generalized or even high impact exercise could be harmful for you.

How many hours do I need to exercise? 30 minutes daily, 5 days a week minimum to get the best results. Your exercise regime will be tailored for you. I have created an online portal for you to follow along with videos of each custom exercise safely at home.

Will this treatment cure my scoliosis? Although great improvements can be made in curves and pain, there is no cure for Scoliosis. However, intensive rehabilitation treatment has been successfully used in Europe since 1921 and it has been shown to improve: lateral deviation, rib hump, spinal rotation, back shape & profile, postural balance, lung capacity & function, pain, muscle strength and spinal flexibility. It takes determination, dedication, and motivation to do the exercises; if you do them, you can achieve and maintain correction successfully. With the Schroth Method, halting curve progression is one of many goals. Some hardworking adolescents have achieved substantial curve reduction. Of course, we are thrilled with such results, but we make no guarantees regarding correction. If a practitioner guarantees correction, be wary.

How much does treatment cost? We offer many different types of treatment sessions and courses and Care Credit or PayPal Credit can help you finance if you qualify. Please see our rates page.

Does this work for all curvatures of the spine, like Kyphosis? Yes, it can be used to treat Kyphosis, Flat Back and Lordosis and the results have been equally successful.

What age does one have to be for this treatment to be successful? Generally it is not suitable for those under 8, because concentration and mature commitment are required. However, in exceptional circumstances treatment may be possible for small children. Schroth treatment will still be effective in adults, but not as much change can be made as with a person who is still growing.

X-rays: DO NOT ALLOW A SCOLIOSIS PRACTITIONER TO EXERCISE YOU EXTENSIVELY, THEN X-RAY IMMEDIATELY AND DECLARE A SIGNIFICANT CORRECTION. This method is suspect and is unfortunately, a frequent practice. With a "true" correction, x-rays can be taken after many hours out of a brace. Always take your x-rays at the same time of day to be sure you are not seeing drastic changes due to fatigue in the later part of the day – all curves will look worse at the end of a long day!

What Happens next? Although you may come to me for an evaluation and an intensive program and travel back home, I will always be available to you and am VERY concerned with your progress. I am available to you for coaching in or out of the office via Skype, Email, Face Time etc. I offer a full video portal for you to subscribe to so you can follow along at home. Stay in touch with me!

<https://www.facebook.com/ScoliosisCoach> "friend me". Learn more on my Podcast: <https://linktr.ee/>

Rates / Packages: Chiropractic / Pilates / Schroth

Chiropractic Care

Exam and Treatment	110
Expanded Visit	75
Brief Visit	65

Insurance Billing Policy

You are responsible for checking with your insurance for chiropractic coverage. I will provide you with a receipt to submit to your insurance. I do not provide billing services.

Hotel and Travel Information

We can assist with local information and lodging.

Financing Information

[Care Credit](#) or [PayPal Credit](#) can help you finance.

Deposit charged if cancellation is made with less than 24 hours notice.

Any fees paid are NOT refundable once the Program has begun.

24 Hours notice applies to all sessions or series to avoid charge.

Location & Contact Information

16430 Ventura Blvd. Suite 108, Encino, CA 91436
818 970 1222 CALL/TEXT
ScoliosisCoach@gmail.com
www.ScoliosisCoach.com

Pilates Studio:

www.WellnessCenterofEncino.com
WellnessCenterofEncino@gmail.com



Book Online! <https://bit.ly/47iDDfi>

SCHROTH INTRO / CONSULTATION: \$325

Detailed exam to learn the specifics of your curvature and treatment options This 45 min appointment will include valuable information to begin your custom mini scoliosis home care program immediately. \$75 Deposit required.

AFTER THE INITIAL INTRO/CONSULT - PACKAGES:

PRE-PAID PACKAGES OF HOUR LONG SCHROTH

(After an Exam or Program is completed) No refunds / No expiration

	Each	Package
1	200	-----
4 Series	175	700
8 Series	170	1,360

INTENSIVE PROGRAMS *(Best suited for those who are traveling into the Los Angeles area for Schroth care.)*

Full Custom Program: \$999

Exam, Customized Daily Activity/Posture Modification Program, Exercise Program, and fully illustrated Home Program Workbook (4 HOURS of program and treatment) \$100 deposit required.

Half Custom Program: \$500

Exam, Customized Daily Activity/Posture Modification Program, Basic Exercise Modifications and fully illustrated Home Program Workbook (approx. 2 hours) \$100 deposit required.

For those who do not wish to learn the Full Schroth Exercise protocols but need lifestyle guidance and some exercise skills.

House calls \$375 per hr. +\$170 per add'l. hour.

travel over 15 min from clinic requires prorated hourly rate

Patient Portal:

Offered by no other clinic, a customized library of Schroth exercise videos after a program has been completed. Follow along at home. Email me for your custom link. ScoliosisCoach@gmail.com



Zelle

Methods to Make Deposit or Payment:

Zelle: @WellnessCenterofEncino

Venmo: Andromeda-Stevens

PayPal: <https://paypal.me/andromedas>



venmo

PayPal



Or follow link at top of page

What To Expect

On a patient's initial visit to our office we will take a thorough history and examination. We will take time to carefully listen to concerns and answer questions. If there are no red flags, indicating other medical attention is required, we will begin a treatment plan.

A Chiropractic Examination consists of the following

- Inspection-postural evaluation / evaluating of muscle spasm, pain and/or tenderness / range of motion and orthopedic tests. X-ray is sometimes recommended for a chiropractic patient. However, x-ray is almost always required for a scoliosis patient.
- Dr. Stevens will let you know what to expect, including short and long term goals to ensure pain relief and stabilization (rehabilitation) of the condition.

Chiropractic Treatment

Regular treatments in our office include spinal manipulation/adjustment, ice/heat, physiotherapy modalities, traction, trigger point therapy (deep tissue massage), recommended supplements, rehabilitation exercises, and self-care instructions for home. Treatment visits may take up to 45 minutes. If the visit is solely for maintenance, it may last only ten minutes. The most important thing to remember is we don't require long-term commitments – you decide the extent of care you want.

Cupping Therapy

Cupping is an ancient alternative medicine. It helps with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage. The cups may be made of: Glass or Silicone. It dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. One of the oldest medical textbooks in the world, the *Ebers Papyrus*, describes how the ancient Egyptians used cupping therapy in 1,550 B.C.

We place a substance such as alcohol, herbs, or paper in the cup and light it. As the fire goes out, the cup is placed upside down on your skin. As the air inside the cup cools, it creates a vacuum. This causes your skin to rise and redden as your blood vessels expand. The cup is generally left in place for up to 3 minutes. A more modern version of cupping uses a rubber pump instead of flame to create the vacuum inside the cup. Sometimes cups can be massaged from place to place on your skin for a different effect. You might get 3-5 cups in your first session. Or you might just try one to see how it goes.



Schroth Best Practice® Scoliosis Treatment Options:

Full Schroth Program (4 hour intensive program):

We will discuss your case by telephone first. You will send your x-rays and history before you arrive at the office.

Part I: When you arrive, we do an assessment and review your x-rays. You will then learn all about how to modify your daily activities to support curve correction and remove harmful habits from your routine. Daily activities can be supportive or harmful to curves: sleeping, sitting, standing and walking all affect your spine and have a huge impact. We may suggest bracing or chiropractic care to improve your results.

Part II: We review Part I and then learn the custom exercises using the original Schroth Best Practice® techniques. You may decide to continue further care and coaching and purchase a package of sessions. A fully illustrated manual will be created just for you of your program to take home. (4 hours total)

Half Schroth Program (2 hour intensive program):

We will discuss your case by telephone first. You will send your x-rays and history before you arrive at the office. When you arrive, we do an assessment and review your x-rays. You will then learn all about how to modify your daily activities to support curve correction and remove harmful habits from your routine. We will also determine how you can modify your exercise routine to create a corrective routine and avoid any detrimental movements. (approx. 2 hours)

Scoliosis Coaching (Ongoing in our Clinic)

We provide ongoing care and monitor your progress to achieve the best results. Meet with us as often as you like to stay motivated in your program.

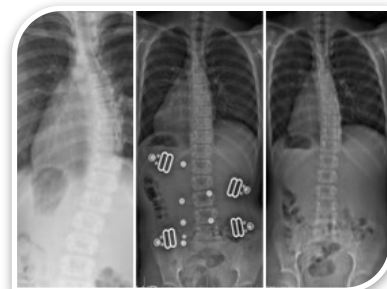
Scoliosis Bracing

We are affiliated with state of the art Cad/Cam digital 3-D Gensingen Cheneau® bracing technology (a lower profile design as well as being thinner and cooler than other designs). We can refer you for more information. (*Bracing is a separate fee*). <https://www.socalscoliosiscare.com/>

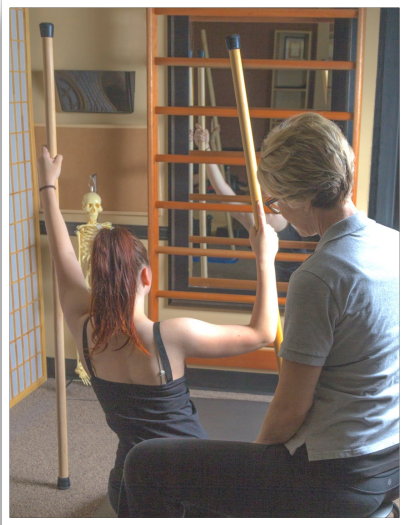
Actual patient progress

x-rays:

She went from 35 degrees, to 17 degrees out of brace, 5 degrees in brace - in 5 months!



Photos / Video & Links



Schroth
Exercise Samples

Minimal tools are
needed.



Visit YouTube to see Schroth in action

Learn more on my Podcast: <https://linktr.ee/scoliosiscoach>

Shop: <https://linktr.ee/scoliosiscoach>

[Schroth Information](#)

[Dr. Stevens Channel](#)

[What is Schroth?](#)

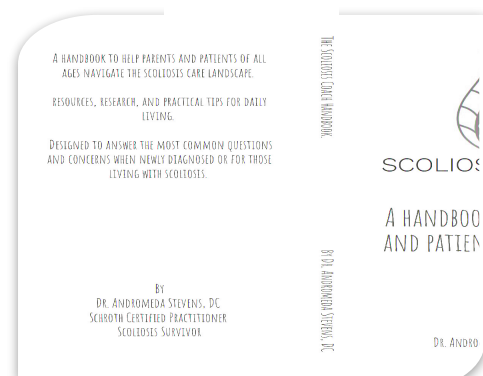
[Dr Stevens Interview](#)

Pilates Studio www.WellnessCenterofEncino.com

Our Professional Pilates Programs

[Pilates Sports Center](#)

Purchase My
Scoliosis Coach Handbook



Patient Paid Membership Portal

[What is the Portal?](#) Follow this link to learn more.

If you have completed a Schroth custom program, you will know what curve pattern you are and if advised, can access a membership portal to follow along at home. Please only access once you are diagnosed to follow a program. The exercises are powerful and must not be done improperly.

HOW TO ACCESS VIMEO FOR THE SCHROTH PORTAL:

https://vimeo.com/scoliosiscoach/vod_pages

vimeo.com/ondemand/schrothexercises3C

vimeo.com/ondemand/schrothexercises4C

vimeo.com/ondemand/3Cwithcountercurve

vimeo.com/ondemand/4Cwithcountercurve

vimeo.com/ondemand/schrothkyphosisexercises