



Scoliosis Coach

Brochure 2018

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



Table of Contents:

Introduction	Page 3
Facilities / Studio	Page 4
Our Credentials / Bios	Page 5
Learn about Schroth / Scoliosis / Braces	Page 6
FAQ	Page 7-8
Rates / Packages & Financing	Page 9
Schroth Scoliosis Program Description	Page 10
Photos / Videos of the Schroth Method	Page 9

More information - Avail. By Request

ScoliosisCoach@gmail.com

Welcome to the Scoliosis Coach
at Pilates Sports Center
in Encino, CA



Introduction

Thank you for your interest in the Scoliosis Coach Programs & Studio. 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 Studio and discuss our program, as this is a big decision for you.

Thank you for choosing the Scoliosis Coach.

I look forward to seeing you in the Studio soon.

Best Wishes,

Andromeda Stevens, D.C.

Schroth Best Practice® Certified, Pilates Method Alliance Certified Pilates Teacher™,
Co-Founder/Director Pilates Sports Center, Inc.



**The Schroth
Best Practice
Program**
by
Dr. Weiss

Facilities / Studio

Encino, CA is the headquarters of Pilates Sports Center, Inc. The 4700+ square foot studio has state of the art Pilates equipment by Balanced Body including: 11 Reformers, 3 Cadillacs, 10 Springboards, 6 Wunda Chairs, 2 Ladder Barrels, a Mat/Barre Studio, a wide array of props and Small Apparatus. We host a full time physical therapist, massage therapists and nutritionists. On staff are a Schroth Best Practice® Certified Scoliosis Chiropractor and Yoga and PMA Pilates Certified instructors. We have a certified wellness coach to assist our clients working on their goals.

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



To schedule a chiropractic session, a scoliosis evaluation or to book a Pilates session or class, please call us.

The Pilates Studio is open 7 days a week

Parking validation is available for valet
Elevators are available



16430 Ventura Blvd Suite 110, 100 & 108, Encino CA 91436

www.ScoliosisCoach.com ScoliosisCoach@gmail.com 818 970 1222 – Dr. Stevens

www.PilatesSportsCenter.com 818 788 8112 – Pilates Studio

Scoliosis Coach Credentials and Bio

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 (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 in Los Angeles.



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

Her credentials include:

- Cleveland Chiropractic College of Los Angeles Graduate '96
- Schroth Best Practice® Certified by Dr. Hans Weiss - of the original Schroth family
- Cox Flexion/Distraction Technic® Certified
- Integrated Flexibility Training – The Sports Club/LA
- BalletCore® Certified
- Massage Therapist – Touch Therapy Institute
- Pilates Method Alliance “Gold” Certified Pilates Teacher™
- 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
- 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 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 - Pilates Initiative

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.

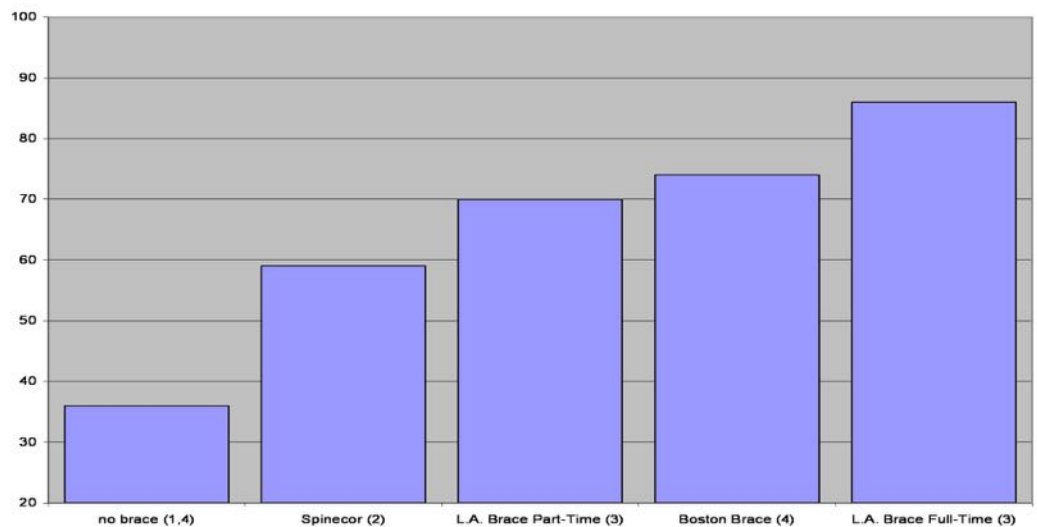
Schroth Basics

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

F.A.Q.

Will I have to wear a brace as part of this program? Bracing is HIGHLY suggested if the patient is still growing to create the best result and prevent a radical 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 bracing consulting anywhere.

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 individuals' curvatures. It involves stretching and breathing to expand the weak/crushed side and to strengthen the muscles to maintain this improvement.

How successful is this treatment? It is as successful as you, the patient, makes 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 America 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. This leaves very little incentive for patients and their families 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 are under the guidance of the Schroth family and have been certified elsewhere and 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-standard/>

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.

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 plan to have a full video library available for you to subscribe to so you can follow along at home. Stay in touch with me!

<https://www.facebook.com/ScoliosisCoach> "friend me"

Rates / Packages: Chiropractic / Pilates / Schroth

Chiropractic Care

Exam and Treatment	90
Extended Visits	65
Short Visit	50
<u>Packages:</u>	
10 Series	450

Pilates Private One-Hour Training

	Single	Package
Single	125	
8 Series	82	656
16 Series	77	1,232
18 Series	70	1,260

Semi Private Pilates Training (2-3 people)

Single	65	
8 Series	52	416
16 Series	48	768

Pilates Classes

Our Studio offers classes of all types and levels as well. www.PilatesSportsCenter.com If you are here visiting for an intensive Schroth Program we have "Intro Rates" for our guests!

Insurance Billing Policy

You will be responsible for checking with your Insurance to see if Chiropractic is covered and under what terms.

I will provide you with a comprehensive bill/receipt for submission to your insurance for reimbursement to you. I do not provide billing services at this time.

Hotel and Travel Information

If you are here visiting, we can assist with local information and lodging.

Financing Information

Care Credit or PayPal Credit can help you finance if you qualify.

Schroth Scoliosis Therapy Packages

2 Part Full Program: \$800 = Exam, Customized Daily Activity/Posture Modification Program, Exercise Program and fully illustrated Home Program Workbook (2 visits of approx. 2 hours each)

Packages of One-Hour Private Sessions:

	Each	Package
1	150	
8 Series	100	800
16 Series	95	1,520
1/2 hour session	65 each	

Schroth Class Sessions (Max. 3 people)

	Each	Package
	75	
3 Series	70	210
8 Series	65	520
16 Series	60	960

Private Schroth/Pilates Combo Training

Single	130	
8 Series	90	720
16 Series	85	1360

Private Schroth Intensive Scoliosis Program

For those who live out of town. The intensive is 1-2 days depending on client energy, schedule, bracing option etc. 6-hours for a flat \$900.

Deposit / Refund Policy

\$100 Deposit required to hold your appointment for a 2 Part Full Program.

\$65 deposit required to hold a regular appointment (or purchase a series.)

\$50 deposit required to hold a Pilates session (or purchase a series)

Deposit / series charged only if cancellation is received less than 24 hours notice. No refunds of deposit are given after that time.

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

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, self-care instructions, and a nutritional counseling option with a wellness coach.

Treatment visits may take up to 45 minutes to one hour. 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.

Rehabilitation Care

After the pain is gone or has subsided dramatically, then there is an option to proceed with rehabilitation care. This includes Pilates strengthening and stabilization of the weakened area for long-term wellness.

Maintenance Care

Maintaining the correction achieved after relief and rehabilitation care is easy. Many patients in our office continue with this type of care. It is considered preventative and typically requires only a brief visit.

Schroth Best Practice® Scoliosis Treatment

This program is offered as a 2 part program with ongoing coaching. A full photographic custom manual will be provided.

2 Part Schroth 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 with you. 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 and chiropractic care to improve your results. Part II is a review of 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.

Scoliosis Coaching (Ongoing in our Offices)

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.

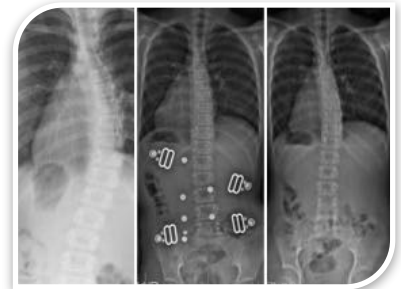
Scoliosis Bracing

We are affiliated with state of the art Cad/Cam digital 3-D "Cheneau" bracing technology (a lower profile design as well as being thinner and cooler than other designs). We can refer you for more information and pricing.

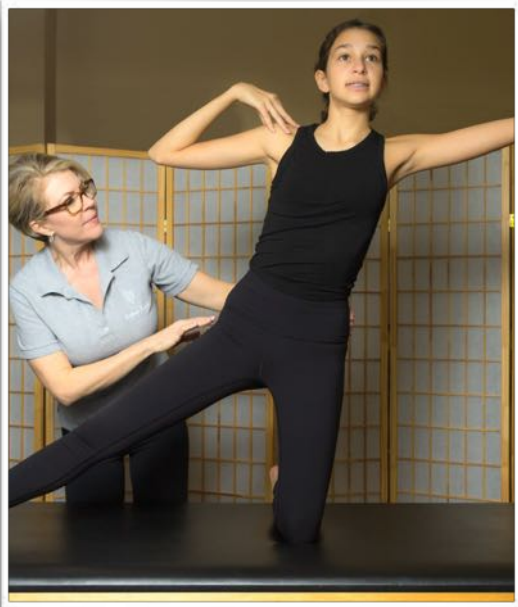
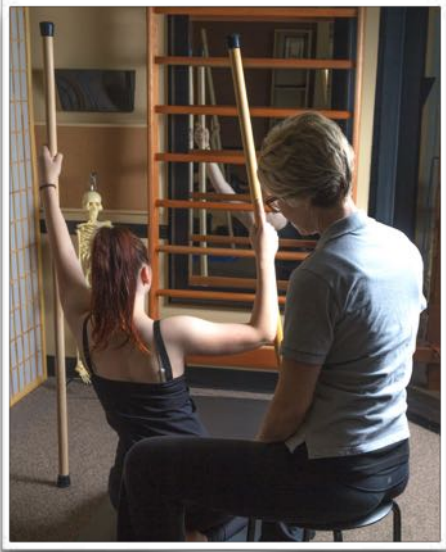
(Bracing is a separate fee)

Actual patient progress x-rays:

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



Photos and Video



Series of Schroth Exercises
Examples – Minimal tools are needed!

See more on [Instagram](#)



Visit our YouTube Channel to see Schroth in action
[Schroth Information](#) or [Dr. Stevens Channel](#)

Or our Pilates Programs and DVDs [Pilates Sports Center's Channel](#)

