PSSE – Schroth Method by Nikos Karavidas

Innovative 3D Approach to Scoliosis & Kyphosis Treatment

Host: Pilates House Hanoi | Instructor: Larisa Iacob

The **Physiotherapeutic Scoliosis Specific Exercises (PSSE)** – Schroth Method by Nikos Karavidas is an evidence-informed, guideline-supported approach to treating spinal deformities such as **idiopathic scoliosis** and **hyperkyphosis**. Based on the internationally recognized **Rigo Concept**, this method integrates advanced understanding of:

- Preath control for thoracic reshaping
- **6** Neuromuscular re-education
- Postural awareness in daily function and activity

Endorsed by **SOSORT** (Society on Scoliosis Orthopaedic and Rehabilitation Treatment), PSSE focuses on individual curve patterns, precise postural correction strategies, and the long-term maintenance of spinal alignment through therapeutic exercise.

Why Choose PSSE-Schroth?

- Scientifically backed and globally taught
- Personalized to the individual's curve and needs
- Effective for adolescents, adults, and even post-surgical cases
- Helps reduce progression, improve posture, and support better quality of life

Pilates House Hanoi is honored to host this transformative training for the first time in Vietnam, offering both **Basic** and **Level 1** courses.

- **COURSE DESCRIPTIONS**
- **→** PSSE Schroth Method Basic Course (Online)

Dates: 12th–14th September 2025

Location: Online (Live via Zoom)

Who Can Join: Open to **everyone** − no prior medical or therapeutic background required.

What You'll Learn:

An essential introduction to scoliosis-specific exercises, the Rigo classification system, postural control, and breath-centered correction. Learn how the PSSE approach addresses spinal deformity using individualized, non-invasive strategies.

Recommended for: fitness instructors, scoliosis patients, caregivers, yoga/Pilates teachers, and anyone looking to understand the fundamentals of scoliosis management.

Serves as a prerequisite for the Level 1 course.

◆ PSSE – Schroth Method Level 1 Course (In-Person)

Dates: 25th–30th November 2025

Location: Pilates House Hanoi, Vietnam

Eligibility: Only for licensed physiotherapists and medical doctors

Required: Submission of diploma/license for verification

What You'll Learn:

This 6-day intensive training dives into clinical scoliosis management. Participants gain skills in detailed patient evaluation, radiographic analysis (Cobb angle, vertebral rotation), curve-specific classification, hands-on exercise programming, and therapeutic correction techniques using PSSE protocols.

Completion of the Basic Course is required for participation.

To register or inquire: pilateshousehanoi@gmail.com

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