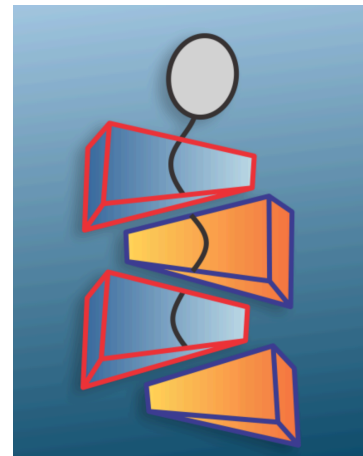


# ISST BASIC COURSE IN TALLINN, ESTONIA



International Schroth 3-dimensional Scoliosis Therapy basic course [part I 9-13.09.2025](#). [Part II 3-7.02.2026](#). Course is held at [Tallinn Children's Hospital](#) (Tervise 28, Tallinn). Course is in English and for physiotherapists only. [Register here!](#)

## Goals and Description

The first course is the presentation of an overview regarding theory and practical parts of the approach combined with general information regarding scoliosis.

The students will learn to recognize scoliosis features, assess scoliosis, categorize patients and start to develop thinking in “Body Blocks” and necessary corrections in body planes around biomechanical axes. Corrective breathing provides an essential element for the use of intrinsic forces to improve functional activities and mobility in the concavities of the deformed and altered trunk. Part I finished with the written exam.

Course Part II gives a deep inside in the educational process of the ISST- Schroth method. The theoretical aspects will be revised and refined. Course Part II completes the standardized therapeutic process from physical examination to the individual therapy plan consisting of exercises, postural teaching and more specific auxiliary manual techniques. The basic exercises can be used with more functional and challenging variations in order to adapt the therapy program to the developing exercise capacity of the patients. Course finished with practical exam.

To pass a written and practical exam after the basic courses Part I and Part II is required to get the ISST certification for an ISST- Basic Schroth Therapist.

Between Part I and Part II participants have to prepare a documentation of 2 case reports for 2 different patients. In Part II these papers will be a prerequisite for the certification process.

**Timeline:**

9-12. September 2025	Last day of part I - 13. September 2025
08.45-10.45	08.45-10.45
10.45-11.00 Coffee break	10.45-11.00 Coffee break
11.00-13.00	11.00-13.00
13.00-14.00 Lunch	13.00-14.00 Lunch
14.00-15.45	
15.45-16.00 Coffee break	14.00-16.00 Written exam
16.00-18:00	

**Part II 3-7.02.2026** is held at the same place and more or less the same timeline with practical exam in the end.

**Teacher:** [Zane Rožkalne](#) from Latvia **Organizer:** MTÜ Skolioosiselts Katharina and SA Tallinna Lastehaigla

**Other information:** comfortable clothing needed, sports bra for women. All days except the first will be hands on and learning in pairs.

**Fee:** Course fee for the first and second part (10 days) is **1400€**. The course fee includes all exams, printed materials, stationery, lunch and coffee breaks. **Course fee is due 2.09.2025**

## Cancellation Policy

### 1. Cancellation by the Participant:

- **Before August 8, 2025:** full refund.
- **After August 9, 2025:** No refund.

### 2. Cancellation by the Organizer:

- If the course is canceled due to unforeseen circumstances (e.g., low enrollment, instructor unavailability), participants will receive a **full refund** or the option to reschedule.

### 3. Substitutions & Transfers:

- A participant may transfer their registration to another person **at no extra cost** if notified at least **7 days before** the course start date.
- If unable to participate in Part II - option to reschedule to the future (have to cover the difference if the future course is more expensive).

### 4. Force Majeure Clause:

- If the course is postponed or canceled due to natural disasters, government restrictions, or other uncontrollable events, a refund or credit for a future course may be offered.