



PSSE-Schroth Method Statement

Trademark Recognition, Scientific Integrity, and Professional Ethics

Today, we proudly share the official certificate of registration from the **European Union Intellectual Property Office (EUIPO)** confirming that the trademark “**PSSE – Schroth method by Nikos Karavidas**” is lawfully registered and protected.

This recognition is not just about us—it is about **protecting integrity, evidence-based physiotherapy, and the right of patients and professionals worldwide to access authentic, innovative, and scientifically grounded scoliosis care.**

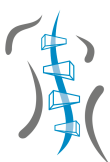
Yet, despite this legitimacy, we have faced **unfair and unethical attacks** ever since 2022, when we officially launched our educational courses. Instead of collaboration and respect, we were targeted with **threats and misinformation.**

We have stayed silent for a long time, focusing instead on our mission: promoting the role of non-operative scoliosis treatment and supporting patients and professionals worldwide. **But today we speak openly, to raise awareness among all scoliosis professionals** about the unjust actions we have endured.

During the **SOSORT Meeting in Dubrovnik (24th –26th April 2025)**, when our **sponsored Lunch & Learn workshop** was announced, some people with leading roles in other schools went so far as to secretly contact some SOSORT Board Members, spreading misleading information against us. As a result, we received **an unfair response from SOSORT**, demanding that we **remove our logos from promotional posts** and forbidding us from using the official SOSORT logo — even though we were **official sponsors of the meeting.** This was unprecedented: in every previous SOSORT meeting, and in other educational activities organized by other PSSE schools, it was always common practice to display both SOSORT’s logo and their own. **The “problem” seemed to exist only when we became sponsors.** Finally, after explaining to the SOSORT Board how unfair this was, we were given permission to use both our logo and the SOSORT logo as normal — but the incident itself remains further proof of the misleading practices directed against our school.

Moreover, the same persons even tried to **sabotage our sponsored Lunch & Learn event** for the **PSSE-Schroth method**, repeatedly interrupting our lectures in an unprofessional attempt to disrupt the session. We chose **professionalism over confrontation.** We did not engage in fights — instead, we answered with **scientific evidence, academic integrity, and a strong presence with many published papers.** Most participants, together with the SOSORT Board, openly condemned such practices, making it clear that these actions do not reflect the values of the scoliosis community.

On **28th April 2025** — shortly after the SOSORT meeting and just before our course in Croatia — we received a **Warning Letter written by a lawyer on behalf of the regional instructor of a PSSE school in Croatia**, filled with **false claims and intimidation tactics.**





The letter falsely alleged that we had no right to use the name “Schroth” in our educational and clinical activities. It went so far as to cite the Croatian Trademark Act, the Criminal Code, and the Trade Act, threatening us with:

- financial penalties of up to **€40.000**,
- even possible **imprisonment**,
- and demanding that we immediately **delete our posts, cancel our courses, and pay €5,000 in so-called damages plus €500 legal costs**,
- while also **signing a statement “acknowledging infringement.”**

This was not a defense of rights — it was an abuse of legal threats aimed at creating fear and undermining progress. And yet, as later proven by the **official EUIPO approval of our trademark**, granting us the legal right to use the name “Schroth” within our educational and clinical framework, we have always acted **legally, transparently, and without creating conflicts** — focusing only on our mission to promote non-operative scoliosis treatment.

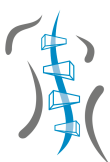
What makes it truly sad is that most of these attacks have come from colleagues we once supported, trusted, and collaborated with. It seems that they cannot accept something new and innovative, and instead of building bridges, they choose to create obstacles.

Even more disappointing, some teachers from other PSSE schools have asked their own students to avoid our education, while we have always promoted the opposite: that the more methods you learn, the better you can improve your knowledge and skills. We continuously encourage our students to attend other trainings as well, because **physical therapy competency and excellence is achieved when we keep pursuing learning**. True growth comes from expanding knowledge across scoliosis schools, building skills, and fostering collaboration rather than fear of comparison. We promote real **“bridges” between PSSE schools and professionals**, while others preferred exclusion and division.

I, **Nikos Karavidas**, proudly and with honor served as a **BSPTS–Rigo Concept teacher** for 5 years, giving more than 40 courses worldwide. When I announced that I would step away from BSPTS in 2022, it was the **Schroth ISST leaders who immediately approached me**, inviting me to **become one of their teachers – an invitation that I respectfully declined**, as my vision was to continue contributing to the evolution of PSSE education through an independent and innovative way. In the past, I was also invited to become a teacher for the **Schroth Best Practice** school.

These facts speak clearly: my work and dedication to scoliosis education have been **recognized across all major PSSE schools**. However, rather than joining another existing system I chose to **establish the PSSE-Schroth method** — built on scientific integrity, innovation, and humility — with the aim of serving patients, therapists, and the scoliosis community in the best possible way.

And what I did in **2022** with the **PSSE–Schroth method** follows the very same path that my mentors had already taken years before. In **2008**, **Dr. Manuel Rigo (BSPTS–Rigo Concept)**, **Dr. Hans Rudolf Weiss (Schroth Best Practice)**, and **Axel Hennes (Schroth ISST)** each developed their own approaches, building upon the original descriptions by **Katharina and Christa**





Schroth. They created their **own classification systems and 3D correction principles**, shaping new methodologies that today are recognized worldwide.

So how is it possible that what was accepted and even celebrated in 2008 is now questioned and attacked in 2022, when we followed the very same path — developing our own classification, refining 3D principles of correction, and creating an evidence-based method designed to innovate responsibly and expand the field with progress that serves patients and therapists?

Recently, a small group of teachers from other schools — **not the schools as a whole** — **created an ‘association’** with the so-called aim of promoting cooperation, mutual respect, and unity within diversity among the PSSE schools. In fact, this initiative was yet another attempt to **misinform the scoliosis community that we are not “recognized”**.

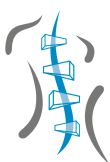
It is also important to reflect on the **timing of the creation of this so-called “association.”** This initiative was developed by a few individual teachers — not by the schools themselves — which makes its motives even more questionable. **The founders of those schools, who shaped and led them for more than 15 years, never felt the need to establish such a body.** The **sudden initiative raises legitimate concerns:** rather than promoting openness and collaboration, it appears to be an attempt to **form a closed circle, recognizing only themselves and excluding anything new or innovative** that may emerge in the future. Such actions are not consistent with the values of transparency, inclusion, and good ethics that should guide the scoliosis community.

And here lies another contradiction: while **SOSORT clearly states** that it does not support, endorse, or approve any specific PSSE school or brace name — instead promoting the common goals and **collaborative work** of expert physiotherapists, doctors, and orthotists — some people decided to create their own “association” to **self-recognize only themselves**. At the same time, the **Scoliosis Research Society (SRS)** produces **updated international guidelines** for non-operative scoliosis treatment, developed through an interdisciplinary approach, with **our active and personal involvement** in their development, proving that our work is respected, trusted, and integrated at the highest scientific level.

We must emphasize that the actions of certain teachers from other PSSE schools should not be seen as representative of those schools overall, as we continue to enjoy mutual respect and positive relationships with most of their colleagues. **We do not believe that entire schools are against us.** This situation appears to reflect the **personal choices of a few individuals** rather than a conflict between schools. Our commitment has always been to promote collaboration across all schools and methods, in the spirit of advancing non-operative scoliosis treatment together.

We prefer to keep working hard with **humility**, truly promoting the role of **PSSE and non-operative scoliosis treatment**. In only **3 years**, we have delivered **more than 200 courses in over 20 countries worldwide** and certified almost **1000 PSSE–Schroth therapists**.

We work closely with the **leading spine surgeons and scientific societies - SOSORT, SRS, Eurospine** - where we hold **leadership roles and actively contribute**. **We have no need for any “approval” from such associations.**





Our approval comes every day from our **therapists** (including many already educated in other so-called “recognized” PSSE schools), from our **patients**, and from the **scientific evidence** we consistently provide through our research.

Despite the challenges we have faced, I, together with my colleagues in our teaching team, will continue — with humility and determination — to **push forward our mission of promoting non-operative scoliosis treatment** with bracing and scoliosis-specific exercises, because **patients and professionals deserve nothing less.**

The scoliosis community deserves **truth, science, collaboration, and justice — not intimidation or misinformation.**

To all our colleagues, students, and patients: thank you for standing by us. Together, we **move forward stronger** than ever — united by **science**, guided by **integrity**, and committed to **shaping the future of non-operative scoliosis care** for generations to come.

With respect,

Nikos Karavidas, MSc, PT & **PSSE-Schroth Teaching Team Members**

Founder of PSSE-Schroth method

Schroth Scoliosis & Spine Clinic

Date: 6th October 2025

