

	
Full name	Alessandra Negrini
Profession	Physical Therapist
Actual professional positions	Assistant Rehabilitation Director of ISICO (Italian Scientific Spine Institute). Technical Director of ISICO Unit in Vigevano (PV).
Short biographical notes	<p>1987 Bachelor of Rehabilitation Therapist – University of Pavia</p> <p>2005 Degree in Physical Therapy – University of Pavia</p> <p>Certified in McKenzie, Souchard, Cyriax, Mulligan concept.</p> <p>From 1998 member of the Scientific Secretariat of the Italian Group of Scoliosis and Spinal Diseases (GSS).</p> <p>PPCR Principles and Practice of Clinical and Research Course 2016 – Harvard University – Finale grade 93/100.</p> <p>SOSORT member since 2010.</p> <p>Speaker in numerous national and international meetings. Since 2011 teacher in national and international educational SEAS Courses for physicians and physiotherapists.</p> <p>Winner of 2019 SOSORT Award: Impact of sports activity on full-time braced patients: an observational study on 785 Risser 0-2 adolescents with idiopathic scoliosis</p> <p>Married, with three children.</p>
Book chapters	9
Recent Medline papers	<ol style="list-style-type: none"> 1- Negrini A, Donzelli S, Vanossi M, Poggio M, Cordani C, Zaina F, Negrini S. Sports participation reduces the progression of idiopathic scoliosis and the need for bracing. An observational study of 511 adolescents with Risser 0-2 maturation stage. Eur J Phys Rehabil Med. 2023 Apr 2- Negrini A, Poggio M, Donzelli S, Vanossi M, Cordani C, Romano M, Negrini S. Sport improved medium-term results in a prospective cohort of 785 adolescents with idiopathic scoliosis braced full time. SOSORT 2018 award winner. Eur Spine J. 2022 Nov 3- Spinal Coronal and Sagittal Balance in 584 Healthy Individuals During Growth: Normal Plumb Line Values and Their Correlation With Radiographic Measurements. Negrini A, Vanossi M, Donzelli S, Zaina F, Romano M, Negrini S. Physical Therapy Journal 2019 Dec

- 4- Scoliosis-Specific exercises can reduce the progression of severe curves in adult idiopathic scoliosis: a long-term cohort study. Negrini A, Negrini MG, Donzelli S, Romano M, Zaina F, Negrini S. *Scoliosis*. 2015 Jul 11;10
- 5- Adult scoliosis can be reduced through specific SEAS exercises: a case report. Negrini A. , Atanasio S. , Negrini S. , Parzini S. , Romano M. , Zaina F. , Negrini MG. *Scoliosis* 3:20 2008
- 6- Junctional kyphosis: how can we detect and monitor it during growth? Negrini A, Donzelli S, Maserati L, Zaina F, Villafañe JH, Negrini S. *Scoliosis Spinal Disord*. 2016 Oct
- 7- Lessons learned in two months of exclusive application of telephysiotherapy instead of classical physiotherapy during the lockdown in Italy. Romano M, Negrini A, Negrini S. *Spine Journal* 2021 Mar
- 8- The active self-correction component of scoliosis-specific exercises has results in the long term, while the stabilization component is sufficient in the short term. Negrini A, Donzelli S, Romano M, Zaina F, Negrini S. *Prosthet Orthot Int*. 2020 Aug
- 9- Feasibility and Acceptability of Telemedicine to Substitute Outpatient Rehabilitation Services in the COVID-19 Emergency in Italy: An Observational Everyday Clinical-Life Study. Negrini S, Donzelli S, Negrini A, Negrini A, Romano M, Zaina F. *Arch Phys Med Rehabil*. 2020 Nov
- 10- Specific exercises reduce the need for bracing in adolescents with idiopathic scoliosis: A practical clinical trial. Negrini S, Donzelli S, Negrini A, Parzini S, Romano M, Zaina F. *Ann Phys Rehabil Med*. 2019 Mar
- 11- Adolescents with idiopathic scoliosis and their parents have a positive attitude towards the Thermobrace monitor: results from a survey. Donzelli S, Zaina F, Martinez G, Di Felice F, Negrini A, Negrini S. *Scoliosis Spinal Disord*. 2017 Ap
- 12- SEAS (Scientific Exercises Approach to Scoliosis): a modern and effective evidence based approach to physiotherapeutic specific scoliosis exercises. Romano M, Negrini A, Parzini S, Tavernaro M, Zaina F, Donzelli S, Negrini S. *Scoliosis*. 2015 Feb
- 13- SpineCor, exercise and SPoRT rigid brace: what is the best for Adolescent Idiopathic Scoliosis? Short term results from 2 retrospective studies. Zaina F, Donzelli S, Negrini A,

Romano M, Negrini S. Stud Health Technol Inform. 2012

- 14- Specific exercises performed in the period of brace weaning can avoid loss of correction in Adolescent Idiopathic Scoliosis (AIS) patients: Winner of SOSORT's 2008 Award for Best Clinical Paper. Zaina F, Negrini S, Atanasio S, Fusco C, Romano M, Negrini A. Scoliosis. 2009 Apr
- 15- Physical exercises in the treatment of adolescent idiopathic scoliosis:an updated systematic review
Fusco C. , Atanasio S. , Negrini A. , Negrini S. , Romano M. , Zaina F. Physiother Theory Pract. 27(1) 80-114 2011
- 16- Review of rehabilitation and orthopedic conservative approach to sagittal plane diseases during growth: hyperkyphosis, junctional kyphosis, and Scheuermann disease. Zaina F. , Atanasio S. , Fusco C. , Negrini A. , Negrini S. , Romano M. , Ferraro C Eur J Phys Rehabil Med. 45(4) 595-603 2009 Dec
- 17- Specific exercises reduce brace prescription in adolescent idiopathic scoliosis: a prospective controlled cohort study with worst-case analysis. Negrini S. , Negrini A. , Parzini S. , Romano M. , Zaina F. J Rehabil Med. Jun;40(6):451-5. 2009
- 18- Reply to: Clinical Evaluation of the Ability of a Proprietary Scoliosis Traction Chair to De-Rotate the Spine: 6-Month Results of Cobb Angle and Rotational Measurements. Donzelli S, Zaina F, Negrini A, Romano M, Negrini S. Clin Pract. 2014 Dec
- 19- End-growth results of bracing and exercises for adolescent idiopathic scoliosis. Prospective worst-case analysis. Negrini S. , Atanasio S. , Negrini A. , Parzini S. , Romano M. , Zaina F. Stud Health Technol Inform. 135:395-408. 2008
- 20- Scientific Exercises Approach to Scoliosis (SEAS): efficacy, efficiency and innovation. Romano M. , Negrini S. , Negrini A. , Paroli C. Stud Health Technol Inform. 135:191-207. 2008
- 21- End-growth final results of an effective conservative treatment: a retrospective case series. Negrini S. , Negrini A. , Parzini S. , Romano M. Scoliosis 2(S1):S6 12 October 2007
- 22- A controlled prospective study on the efficacy of SEAS.02 exercises in preventing progression and bracing in mild idiopathic scoliosis. Negrini S, Negrini A, Romano M, Verzini N, Negrini A, Parzini S. Stud Health Technol Inform. 2006;123:523-6.

	<p>23- A controlled prospective study on the efficacy of SEAS.02 exercises in preparation to bracing for idiopathic scoliosis. Negrini S, Negrini A, Romano M, Verzini N, Negrini A, Parzini S. Stud Health Technol Inform. 2006;123:519-22</p> <p>24- Does quality of exercises affect results in adolescent idiopathic scoliosis treatment to avoid braces? SEAS.02 results at two years Romano M. , Negrini S. , Negrini A. , Parzini S. , Zaina F. Scoliosis 2(S1):S8 12 October 2007</p>
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