



FOCUS

S&R: follow the meeting online on 29th March

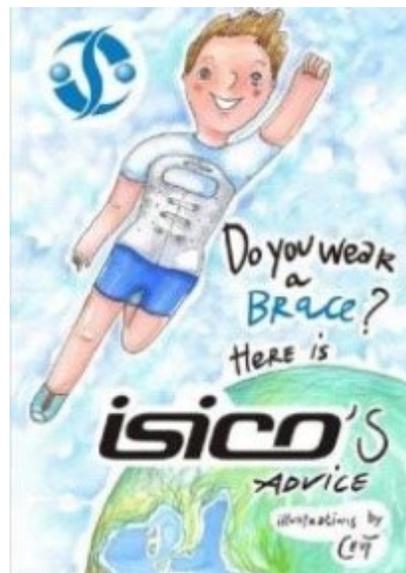


The **12th Spine & Rehabilitation (S&R) meeting** will have a particularly international flavour, thanks to the success of the event in the past few years when it has been possible to follow the proceedings either **directly in the congress room** or **online** from anywhere in the world. The lectures will be proposed by the Presidents of the most important international scientific societies in our sector.

Other important developments are **a new website** and **a presentation video** of the event...

[Read More](#)

WHAT'S ON



SEAS: back to work! First course in Saint Petersburg

Last year was a very busy and hugely satisfying year as regards our programme of international courses providing instruction in the Scientific Exercises Approach to Scoliosis (SEAS).

This approach involves teaching patients, on an individual basis, a specific method of self-correction (termed active self-correction), and then associating this with stabilizing exercises which include neuromotor control, proprioceptive training and balance.

In 2018 we held a total of 15 courses that involved 252 participants across five continents: Europe, Australia, Asia, and North and South America.

The 2019 programme is set to kick off in **Saint Petersburg**, Russia, where the first course of the year will run from **25th to 27th January**.

If you are interested in hosting a SEAS course in your country, please send an e-mail to: gaby.engelhorn@isico.it

An Isico advise handbook

At Isico, we realise that scoliosis treatment is often laborious and complicated. Therefore, precisely with a view to making the whole process easier and less burdensome, **we constantly endeavour make new tools available to our patients.** At the start of bracing treatment patients and their families naturally have lots of questions and concerns.

A great many of these are listed and addressed in our booklet entitled ***Do you wear a brace? Here is ISICO's advice.***

This useful and practical handbook obviously does not replace the help you receive from your physician or physical therapist, but it nevertheless offers a **number of practical tips that can be implemented easily and quickly in your daily life.**

[Download the pdf version of the booklet!](#)

World Master course: take a look at the video!

The end of January will also see the start of our fourth World Master course entitled ***Principles and Practice of Scoliosis Conservative Treatment***, which is the first and only annual online course devoted to this topic.

It is possible to register right up until the start of the classes.

To find out more, visit the website: www.scoliosismaster.org.

Cochrane Rehabilitation

Pathogenesis: Stokes' vicious cycle

Vicious Cycle

Wedging of vertebrae and discs

Spinal curvature

Asymmetrical growth

Asymmetrical loading

Prof. Stefano Negrini, Scientific Director of Isico

Ronald D Snyder: Good morning!

Ivo Noacco: Good afternoon everybody, it's a real pleasure to participate in this final meeting

Leonardo Grandi: is the audio on? I am not listening

Zaina Fabio: Hi guys

Ivo Noacco: It is okay for me

Zalina Fabio: can you hear Stefano?

You are also invited **to follow the last class of the 2018 course**, which was held by **Prof.**

Stefano Negrini.

[Watch the video!](#)

GET YOUR ANSWER

Degrees and centimetres: is there a correlation?

In other words, **is it possible to identify in scoliosis a relationship, even approximate, between Cobb degrees of the curve and height loss in centimetres?**

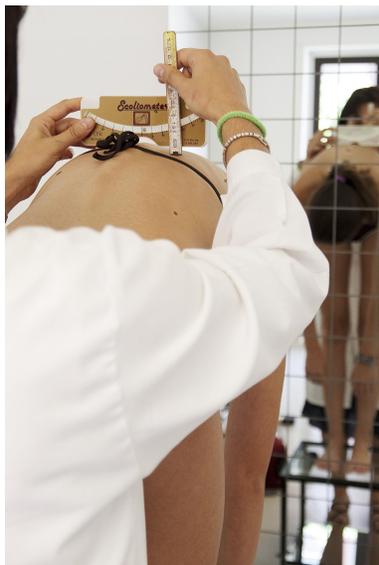
Several mathematical formulas with which to calculate the number of centimetres lost due to scoliotic curvature(s) of the spine have been published in the international scientific literature.

Such calculations also take into account the relationships between height when seated (trunk-head height) and height when standing.

The published studies dealing with this topic evaluated scoliosis populations - the samples recruited numbered between 140 and 1500 individuals - and they reported average height losses of 3.38 cm for females and 2.86 cm for males.

[Read More](#)

ISICO SCIENCE CORNER



A published study assessed the reliability of the "Risser Plus" (Risser+) grade

Research conducted by us was recently published in the journal **Eurospine**.

The study, entitled *The "Risser+" grade: a new grading system to classify skeletal maturity in idiopathic scoliosis*, was conducted in collaboration with American researchers at the Children's Hospital and Harvard Medical School in Boston, the Children's Mercy Hospital in Kansas City, and the Shriners Hospital in Lexington. It involved assessment of 120 radiographs of girls aged between 10 and 16 years. This age range was chosen because it represents the period...

[Read more](#)

WORLD SCIENCE CORNER

Every year, the **Scoliosis Study Group** selects the best published papers on conservative spine treatment from the global scientific literature.

Here is the abstract of one of the papers selected in 2016

Analysis of cervical kyphosis and spinal balance in young idiopathic scoliosis

patients classified by the apex of thoracic kyphosis.

Imagama S, Ito Z, Ando K, Kobayashi K, Hida T, Tsushima M, Ishikawa Y, Matsumoto A, Nishida Y, Ishiguro N
Eur Spine J. 2016 Oct;25(10):3220-3225. Epub 2016 Jul 18.

[Read more](#)

FIND OUT MORE

Are you interested in our World Master course?

Among the feedback we have received from participants in previous courses, **Irina Bujac**, from **Moldova**, had this to say:

Much obliged to the Italian Scientific Spine Institute for having elaborated such an effective instructive platform, that not only gives access to the most valuable scientific resources, but also provides lessons with the highest-ranking teaching staff: a unique opportunity for my native country, Republic of Moldova, and for countries that may not have sufficient support for the research and development of conservative treatment of spinal pathologies.

If you, too, attended an Isico course (SEAS or World Master) please share your opinion with us!

WHAT'S ON WORLDWIDE

[SOSORT 2019: register now!](#)



The **14th International SOSORT Meeting** will be taking place in **San Francisco, USA**, from **24th to 27th April, 2019**.

"We will gather with our colleagues from around the world exchanging ideas, presenting new research and pursuing our passion of advancing the knowledge of non-operative scoliosis and spinal deformities" says **Luke Stikeleather**, **SOSORT 2019 President**.

"This conference will have something for everyone, with exceptional presentations from world-renowned keynote speakers, researchers, scientists and clinicians".

To register to attend this congress: [visit the website](#).





If you don't want to receive messages from Isico anymore, click here:
[UNSUBSCRIBE](#)