



FOCUS

Is prevention really better than cure? Absolutely!



Prevention is better than cure, and no physician or healthcare professional will ever tell you any different.

In the case of scoliosis, a condition that is very hard to spot whatever the individual's lifestyle choices, also during growth when it is particularly dangerous, **what can we do to try and prevent or reduce the damage it may cause?**

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WHAT'S ON



World Master: Karen's week with Isico



Sabrina Donzelli and Alessandra Negrini speakers in Barcelona

Isico offers those taking its **Online Master**

Isico once again played an active part in the

Course the chance to see **clinical practice** in operation at our institute's **Milan headquarters**. **Dr Karen Amaya Solis**, one of the 2019 course participants, decided to take advantage of this opportunity and flew over **from Peru** specially. While she was here, we decided to ask her about her experience as one of our "students".

Thank you for the chat, Karen!

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Spanish National Course on the rehabilitation of spinal deformities organised by the Rehabilitation Service of the Vall d'Hebron University Hospital in collaboration with the European Spine Surgery Group. The event was held in **Barcelona on 20 and 21 June...**

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SEAS: after Serbia, China wraps things up

From 14 to 16 June, Michele Romano, our director of physical therapy, held a SEAS I course in **Novi Sad**.

The event was our first in Serbia and it attracted over 20 participants, coming not only from Serbia, but also from Croatia, Israel, the Netherlands, North Macedonia and Montenegro...

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World Master: a new website as course registration opens



To mark the opening of registrations for our **fourth Online World Master Course**, we have **updated the dedicated website**, improving its graphics and navigation features, while remaining faithful to the original content. You will therefore find all the information you need about the course, ranging from practical information on how to register to details about the course programme and profiles of the teachers.

You can also watch the video of a lesson, free of charge.

Take a look at our new site www.scoliosismaster.org!

GET YOUR ANSWER

Can you bathe (in the sea or in a swimming pool) with a brace on?

Our answer to this question refers to the braces that we prescribe at Isico.

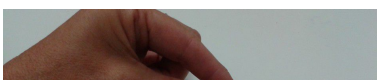
Yes, you can bathe with a brace on! Just bear in mind the following rules, take care and remember that unfortunately not all braces allow you to do this.

6 rules for bathing/swimming in a brace...

[Read more](#)

ISICO SCIENCE CORNER

Scoliosis: a sensor for better bracing treatment



"Ever since 2010, we at Isico have been using **Thermobrace**, a



heat sensor that is applied to the brace in order to establish how much it is actually being worn" explains **Dr Sabrina Donzelli**, Isico physiatrist and author of a study entitled "*In defense of adolescents: They really do use braces for the hours prescribed, if good help is provided. Results from a prospective everyday clinic cohort using thermobrace*", published in the **Journal Scoliosis**...

[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 from one of these papers.

Do the SRS-22 self-image and mental health domain scores reflect the degree of asymmetry of the back in adolescent idiopathic scoliosis?

Pynsent P. / Scoliosis Spinal Disord. 2017 Dec 11;12:37. doi: 10.1186/s13013-017-0144-9. eCollection 2017.

[Read more](#)

THE ISICO BLOG

Over the past 13 years or more, we have published dozens of posts and received thousands of comments on our blog dedicated to scoliosis that gives our patients a voice.

The Isico blog www.scoliosi.org is a dedicated space where patients can ask questions and swap experiences, but it is also a place where those involved in treating scoliosis can take a more in-depth look at a series of topics and also engage with patients.

Here is one of our published posts.

Should we go for the straight back goal?

Paola has scoliosis: her back is twisted on itself. Therefore, she has been given a brace to wear - a nice plastic "jacket" that she is actually going to have to wear for some years to come. But why? Well, to straighten her back, of course!

[Read more](#)

WHAT'S ON WORLDWIDE

Stefano Negrini and Isico enter the Expertscape "hall of fame"

"We couldn't possibly have asked for a better piece of news than this to mark June, which is World Scoliosis Awareness month" commented **Prof. Stefano Negrini**, scientific director of Isico. "This recognition from Expertscape is a source of huge

 Expertscape DailyExperts
@Daily_Experts

[Segui](#)

In keeping with Scoliosis Awareness Month (June 2019), congratulations to Dr. Stefano Negrini @ProfNegrini of Italian Scientific Spine Institute -- Recognized as an Expertscape World Expert in Scoliosis. expertscape.com/ex/scoliosis





satisfaction not only for me but for the entire organisation I represent".

Because while Prof. Negrini features among the world's top 20 experts in the rehabilitation and surgical treatment of scoliosis Isico finds itself in 38th place in the classification of clinical institutes.

[Read more](#)



ISSLS meeting: Zaina appointed chair of Membership Committee

Prof. Stefano Negrini, scientific director of Isico, and **Dr Fabio Zaina**, physiatrist, were among the participants at the **ISSLS (The International Society for the Study of the Lumbar Spine) meeting, from 3 to 7 June in Kyoto.**

During the event Dr. Zaina was nominated...

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Coming up

- July 17/20 - SRS 26th International Meeting on Advanced Spine Techniques (**IMAST**) - Amsterdam, the Netherlands
- September 18/21 - **SRS 54th Annual Meeting** - Montreal, Canada



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