



Focus

Scoliosis: what to expect at the end of the treatment



Before looking at the topic of what you can expect at the end of your scoliosis treatment, we need to make one thing clear: the end result must not be compared with the situation as it was at the start, but rather with the worse condition you would be faced with had you not received any treatment as you grew.

For youngsters with scoliosis, **the purpose of wearing a brace and doing exercises is not to straighten their back...**

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What's on

ISYQOL

ISYQOL QUESTIONNAIRE

Italian Spine Youth Quality of Life (ISYQOL) Measuring Spine Related Quality of Life

ABOUT ISYQOL	▼
HOW DOES IT WORK?	▼
CALCULATING THE RESULT	▼
INTERPRETING THE RESULT	▼
SUPPORTING LITERATURE	▼
ISYQOL QUESTIONNAIRE	▼

We want to evaluate your well-being with regard to your back problem (scoliosis, kyphosis or other). Try to answer all of the following questions yourself.

- | | | | |
|--|-----------------------------|---------------------------------|-----------------------------|
| 1 Are you afraid that your back problem may get worse? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 2 Because of your back problem, are you worried about having back pain as an adult? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 3 Do you feel that having a back problem is a big deal? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 4 Are you worried that, despite all your efforts to treat your back, it will not get better? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 5 Do you think that there are people with conditions more serious than your back problem? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 6 Despite your back problem, do you think you lead a normal life? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 7 Are you suffering because of your back problem? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 8 Does the appearance of your back make you feel uncomfortable? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |
| 9 Are you worried about your back problem? | <input type="radio"/> never | <input type="radio"/> sometimes | <input type="radio"/> often |



10	Would you say your back problem is not a big concern to you?	<input type="radio"/> never	<input type="radio"/> sometimes	<input type="radio"/> often
11	Does it bother you if others see your back?	<input type="radio"/> never	<input type="radio"/> sometimes	<input type="radio"/> often
12	Are you worried that your back problem is very visible?	<input type="radio"/> never	<input type="radio"/> sometimes	<input type="radio"/> often
13	Despite your back problem, do you live a happy life?	<input type="radio"/> never	<input type="radio"/> sometimes	<input type="radio"/> often

Do you wear a brace because of your back problem?

☐ Yes ☐ No

[Submit](#)



ISYQOL: the new website is on line

The Italian Spine Youth Quality of Life questionnaire (**ISYQOL**) is an instrument that measures the health-related quality of life of adolescents with spinal deformities.

It was developed by Isico in a setting devoted to conservative treatment of all types of spinal deformities, including surgical curves.

It is based on concerns expressed by patients and has been shown to be particularly appropriate in patients with adolescent idiopathic scoliosis...

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Prof. Stefano Negrini on the Cochrane Council

Prof. Stefano Negrini, scientific director of Isico, was recently elected as a **representative on the Cochrane Council**. Cochrane is an independent, global non-profit network of researchers, professionals, patients and people interested in health.

This appointment is **an important recognition of the role that Prof. Negrini** has played in the organisation since 2016 as Director of the Cochrane Rehabilitation Field.

[Read More](#)



Seas: back on the road!

The **SEAS I courses in China** (Guangzhou and Zengzhou), which closed at the end of July, were a huge success, attracting around **60 participants**. Now, after a brief summer break, our training program devoted to the Scientific Exercises Approach to Scoliosis is back on the road again...

[Read more](#)



World Master: you can now register!

The fourth Isico annual distance-learning course providing specialist training in the *"Principles and Practice of Scoliosis Conservative Treatment (PPSCT)"* will get under way in **January 2020**. **Participants registering by 15 December will benefit from a reduced rate.**

On the World Master new website you can find out more about the course and watch a free sample lesson: <http://www.scoliosismaster.org>



Get your answer

Do school backpacks cause scoliosis?

Scoliosis is an idiopathic familial condition that certainly **has nothing to do with the weight of school backpacks**. Although carrying heavy backpacks can be linked to back pain, it will not cause any

structural damage...

[Read more](#)



Isico science corner



Scoliosis and eating disorders?

Teenagers with scoliosis are not necessarily at greater risk of developing anorexia or bulimia; indeed, in some cases, scoliosis therapy, conducted in a certain type of environment and in strongly motivated patients, could actually be an element helping to avoid possible eating disorders. This is what emerges from an Isico study entitled *"Adolescent idiopathic scoliosis and eating disorders: is there a relation? Results of a cross-sectional study"*, published in the journal **Research in Developmental Disabilities**.

[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.

Effectiveness of postoperative home-exercise compared with usual care on kinesiophobia and physical activity in spondylolisthesis: A randomized controlled trial.

Neva M

J Rehabil Med. 2017 Nov 21;49(9):751-757.

[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.

Changing schools when you wear a brace

Every year, when September comes round, we get asked the same question: "I'm changing school. I'm going to have new classmates and teachers. How should I tell them that I wear a brace?"

[Read more](#)



What's on worldwide

Isico at the SRS Annual Meeting



We, too, will be present at the forthcoming **SRS** (Scoliosis Research Society) **Annual Meeting**, which is taking place in **Montreal, Canada, from 18th to 21st September**.

In fact, a study conducted by Isico has been chosen among the more than one thousand abstracts submitted...

[Read more](#)

Eurospine in Helsinki



The Finnish capital Helsinki will be the venue, in **October (16th to 18th)**, for the **Eurospine International Conference**. One of the most important events in the field of spinal diseases, it attracts over 2000 participants from all over the world. Isico physiatrists Dr Fabio Zaina and Dr Francesca Di Felice will be representing our organisation...

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Coming up

- **October, 15 2019** - Deadline for abstract submission for the 15th International SOSORT (Society on Scoliosis Orthopedic and Rehabilitation Treatment) that will take place in 2020 in **Melbourne**, Australia
- **November, 22/23 2019** - XXVI Brussels International Spine Symposium, Lumbar Spine Stenosis - **Brussels**, Belgium



