



isico

ISTITUTO SCIENTIFICO ITALIANO COLONNA VERTEBRALE

www.isico.it

ISICO Treatment Protocol for adults

A correct diagnosis of the patient and the consequent prescription for a treatment in Isico can be formulated only through a medical visit accompanied by the vision of (recent) X-rays and former medical prescriptions if available.

The physician, based on the results of the visit, will define the patient's physiotherapy treatment protocol and the deadlines for the next medical examinations, ideally at 6 months.

Standard protocol for adult treatment with the Specific Exercise Approach to Scoliosis (SEAS)

At our clinic

- The medical visit, based on a clinical evaluation performed by the physician with the support of a radiological evaluation to assess the type of curve and its potential of progression.
- The exercise session with the physiotherapist.
Before starting with the learning of the exercises, a functional evaluation is carried out by a skilled and specialized physiotherapist for vertebral deformities in order to control all the elements necessary for the working out of the customised SEAS exercise plans that are consistent with the indications of the physician.
Treatment implementation: at home or at a Gym / Rehabilitation Centre, by following our working schedule. All exercises can be accessed through the Isico APP on the mobile phone which has to be considered as a support for a constant control while performing the exercises at home (or at a gym) during the months.

Visits to the Centre: One session each 6 months (or one session each 3 months, according to the doctor's prescription)

- Length of each session: 90 minutes
- Contents: customized specific exercises based on an active self-correction, applied to the daily activities and ergonomics tailored on working needs, daily life needs and hobbies; what to do and what to avoid.