



isico

ISTITUTO SCIENTIFICO ITALIANO COLONNA VERTEBRALE

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ISICO Treatment Protocol - Brace

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 treatment protocol and the deadlines for the next medical examination and the update of the exercise session, ideally at 6 months.

Standard protocol for brace treatment in combination with the Specific Exercise Approach to Scoliosis (SEAS)

It is worth to preview a stay in Milan of approx. 3 days in order to follow all points mentioned. The appointments during these 3 days are

At our clinic (ISICO, Via Bellarmino 13/1, 20141 Milano)

- 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. These X-rays should not be older than 6 months in order to have an accurate information for the evaluation of the scoliotic curve.
- The exercise session with the physiotherapist. In consistency with the indications of the physician a customised SEAS exercise plan is worked out to be performed at home or at a Gym / Rehabilitation Centre, by following our working schedule.

At the orthotist's shop

- Body scan, first fitting and final testing of the brace prescribed. Ideally the appointments are scheduled in 3 days