



## Focus

### Scoliosis in the elderly: why exercises are important



When talking about scoliosis, one often thinks of a condition that affects young people, but that is not always the case.

In a study of 554 **people aged between 50 and 84 years**, **scoliosis was diagnosed in 70% of cases**, showing that this is also a common condition in older people, too.

However, there are certain distinctions to be drawn, and it is important to understand when scoliosis in an older person first developed.

This is possible only if the patient is able to supply previous X-rays that document the period of onset.

**Scoliosis in the elderly can be divided into three types: "de novo" form, progressive idiopathic scoliosis and secondary degenerative scoliosis...**

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## What's on





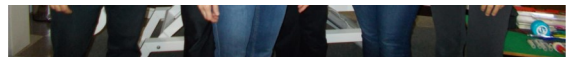
## Seas: our first time in Turkey

The run-up to the Christmas break is a very busy time when it comes to our international training courses on the exercise-based approach to scoliosis.

We have just run a **Seas I course in Istanbul - this was our first time in Turkey.**

The Course was **attended by around 20 specialists** (who even included participants from the USA and Finland).

In just over a week's time **Michele Romano**, our **director of physical therapy**, will be in **Bangalore, India**, for a **Seas I and II course**, after which he will be heading back to **China**, **this time Beijing.**



## Visitors to Isico

We often have the pleasure of hosting specialists from abroad, and we see these visits to our facilities as valuable opportunities for sharing information and swapping experiences. In many cases, these specialists have taken part in one of our international training events, such as the **World Master Course**, one of our **Seas courses**, or the S&R conference.

Take **Rubia Oliviera**, for example. Dr Oliviera is a **Brazilian-born physiotherapist** who lives in Madrid, and took part in a Seas course in New York led by Alessandra Negrini. **She spent time at two of our centres: first the headquarters in Milan, and then the Vigevano clinic.**



## World Master: few weeks left to register with discounted fee

Don't lose this opportunity! **The possibility of registering at a reduced fee ends on 15 December.**

The first module will start January 24th 2019.

For more information visit the website [www.scoliosismaster.org](http://www.scoliosismaster.org)

To have a little taste of the final conclusive live lesson of the Online Master Course follow [this link](#)!



## When the brace turns you strong

**Cecilia is 18**, and she has been wearing a **Sforzesco brace** for the past six years.

Since she has learned a lot about herself over that time, she has decided to share, in words and pictures, her experience of growing up in a brace. And so here she is, captured with the **"friend she loves to hate"** in a series of delicate, almost magical, pictures taken by a young photographer.

**Let's hear what Cecilia has to say.**

*There was a time when I would never, ever have considered being photographed with my "worst enemy", but then I met Tatiana Minelli, and changed my mind.*

*My story begins when I turned 12. It was so hard to accept the prospect of being "locked" in a plastic case for years!*

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## Get your answer

### Can you do sport if you have scoliosis?

Yes, certainly, perhaps with the exception, in more severe cases, of competitive sport and intensive training. Sport is actually thought to be an important complement to a specific re-education activity, as it naturally promotes good neuromotor maturation of the adolescent growing body...

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## Isico science corner



### Adult scoliosis: bracing to reduce back pain

In adult scoliosis patients with back pain, brace treatment reduced the pain at 1 month, and the improvement was found to be stable at 6 months.

This is what emerged from the first prospective study on this topic. The research, by Isico, was published in **Prosthetics and Orthotics International** and entitled "Can bracing help adults with chronic back pain and scoliosis? Short-term results from a pilot study".

[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.

### Adults with idiopathic scoliosis improve disability after motor and cognitive rehabilitation: results of a randomised controlled trial.

Monticone M, Ambrosini E, Cazzaniga D, Rocca B, Motta L, Cerri C, Brayda-Bruno M, Lovi A  
Eur Spine J. 2016 Oct;25(10):3120-3129. Epub 2016 Mar 25.

[Read more](#)

## The isico blog

*Over the past 15 years, 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](http://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.

### **Isico in Italy: "Same language, same treatment"**

Isico works with many operators - physicians and rehabilitation specialists - in clinics covering most of Italy. Sometimes patients aren't sure (and will therefore ask us) which specialists or centre they should contact.

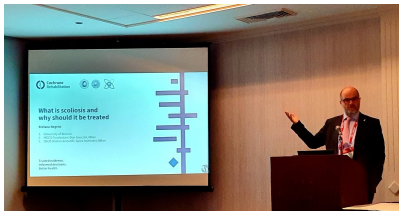
It actually makes no difference, since we strive daily to ensure that each of our clinics offers exactly the same high level of professionalism and quality of care.

**Everyone in the ISICO family speaks "the same language" and pursues the same goals.**

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## **What's on worldwide**



### **ACRM Chicago: an important workshop**

"The acceptance of our scoliosis workshop in a competitive environment in the **96th Annual American Congress of Rehabilitation Medicine in Chicago** was important" says Prof. **Stefano Negrini**, scientific director of Isico as well as director of the Cochrane Rehabilitation Field...

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### **Spineweek 2020**

It is now possible to register for SpineWeek 2020 which will be taking place in **Melbourne, Australia, from 27 April to 1 May**. All those registering by **15 February** will benefit from a **special reduced rate**.

The event will coincide with the 15th International SOSORT meeting (27-29 April).

The **first SpineWeek meeting** was held in **Porto**, Portugal, in 2004...

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