



Merry Christmas and Happy New 2020

A Christmas Carol from Isico



Our very best wishes for Christmas and 2020: a whole new year for each of us to "shape" as we like!

Our greetings come to you with a story. More than just a trip down memory lane (to the bike rides and dripping lollipops of our youth), **"Liquorice Wheels"** is a story of hope: a reminder that things work out for the best, most of the time!

Thanks to Roberto Angero, father of a young Isico patient, who shared with us "his" story and we want to share this story with you as our Christmas Carol for this year.

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What's on



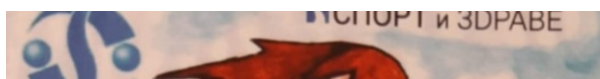
en.isico.it: the new English site is online!

Isico's new [English website](#) is finally online after a few months of work in progress.

The graphics and pictures have been completely renewed, and navigation has been simplified.

The information available has been enriched so that it can be a valuable tool primarily for the professionals who follow us but also for those patients who come to our international clinic in Milan.

Ready to find out? Good surfing!





Bulgarian edition: hot off the press!

The initiative started with **the daughter of a Bulgarian therapist** who attended one of our SEAS courses.

She has redesigned the illustrations that make up our booklet **"Do You Wear a brace? Here is Isico's Advice"**.

The booklet published by Isico includes a series of answers to many questions from patients.

In addition to the illustrations, also the text has been translated so as to have a real Bulgarian edition.

Would you also like to prepare an edition in your language with our illustrations, or with figures made on purpose by you? **Well, do not hesitate to contact us for info on how to do it!**



Seas 2019 closes in India and China

The year's final two level I and II training courses devoted to our Scientific Exercises Approach to Scoliosis (SEAS) were held at the start of December in Bangalore, India and a Level I in Beijing, China.

Look at the photo: in India, after the propitious initial ritual for a successful course, everything was ready for the Seas I.

2020 looks set to be another successful year for the SEAS courses, with the forthcoming program scheduled to kick off in **Quebec, Canada, from the 24th to the 25th of January.**

World Master Course: early bird extended

"I was very pleased with the engagement during this year, I thought it was going to be difficult to keep up during one year. But great organisation and courses!" B.G.

This is **one of the feedback** from the participants during the last lesson of the World Master 2019.

And while we are closing with satisfaction the past edition, we are already preparing for the next one.

Early bird extended! You can register at a reduced rate again **until 28th of December** to take part in the 2020 Isico World Master course.

For more info visit www.scoliosismaster.org!



Get your answer

Is natural childbirth contraindicated in a woman who has had scoliosis surgery?

There is no problem as far as her back is concerned. As regards epidural anaesthesia, this may be possible. It depends on which section of the back was involved in the spinal fusion surgery...

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Isico science corner



What happens when scoliosis is left untreated?

Our paper entitled "*The natural history of idiopathic scoliosis during growth: a meta-analysis*" was published in the **American Journal of Physical Rehabilitation**.

The research focuses on 13 studies in the scientific literature that examine the natural history of idiopathic scoliosis, that is to say, the way scoliosis evolves in the absence of any treatment.

[Read more](#)



World science corner

Every year, the **Italian 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.

Advantages and Disadvantages of Adult Spinal Deformity Surgery and its Impact on Health-related Quality of Life.

Yoshida G, Boissiere L, Larrieu D, Bourghli A, Vital JM, Gille O, Pointillart V, Challier V, Mariey R, Pellise F, Vila-Casademunt A, Perez-Grueso FJ, Alanay A, Acaroglu E, Kleinstuck F, Obeid I.

Spine (Phila Pa 1976). 2016 Jul 7.

[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 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.

Can scoliosis be treated with exercises?

The answer is yes, and they are indeed fundamental, but sometimes exercises alone are not enough. Whether or not an exercise-based treatment is sufficient depends, above all, on the severity of the curves and the evolutionary potential of the scoliosis itself, which is partly determined by growth. Therefore, exercises sometimes need to be combined with another treatment, such as bracing.

[Read more](#)



What's on worldwide



55th Annual Meeting
Phoenix, Arizona
September 9-12, 2020

SRS 55th Annual Meeting: call for papers

The 55th SRS Annual Meeting will take place on **September 9-12, 2020, in Phoenix, Arizona, USA.**

You can still **submit your abstract by Saturday, February 1, 2020** (for more info, tips and tricks <https://www.srs.org/am20/abstracts>).

Presentations at the Annual Meeting & Course are given by leading experts in the field and have value for health care professionals who treat spinal deformities at all levels and in all ages. **Over 125 papers will be presented** on an array of topics, including among other issues adolescent idiopathic scoliosis, kyphosis, adult spinal deformity, non-operative treatment methods.



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