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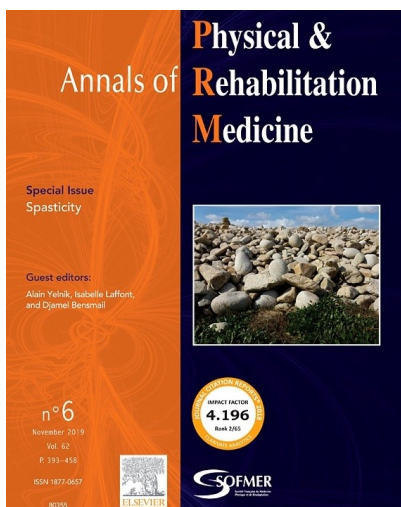
ISICO NEWSLETTER

ENG



Isico science corner

The criteria for evaluation of aesthetics in scoliosis



Our study "*Construct validity of the Trunk Aesthetic Clinical Evaluation (TRACE) in young people with idiopathic scoliosis*" has recently been published by the journal **Annals of Physical and Rehabilitation Medicine**.

The aim of this study? Scientifically validate the criteria of evaluation of aesthetics in scoliosis.

Indeed, we recall that aesthetics is recognized as a main outcome in idiopathic scoliosis (IS) treatment, but to date, there are no standard criteria for physicians' evaluation.

Trunk Aesthetic Clinical Evaluation (TRACE) is a simple 12-point...

[Read More](#)



What's on worldwide



Seas: 2020 opens in Canada

Our **SEAS** (Approach to Scoliosis with Exercises) training program starts again in these days. The first appointment was in Montreal, Canada with 24 participants.

The Seas program in 2019 counted 16 courses and totally 332 participants from 20 countries.

Many other courses are already scheduled in the coming months: in early February, from 9 to 11 February we will be again in Taipei, Taiwan for a Level 1 and a Level 2 course.



Marta, brace and medals

Marta Pagnini is a former Italian gymnast, captain of the **Italian National Rhythmic Gymnastics Team**, a Knight of the Order of Merit of the Italian Republic and a member of the Air Force Military Corps and ... **she has scoliosis!**

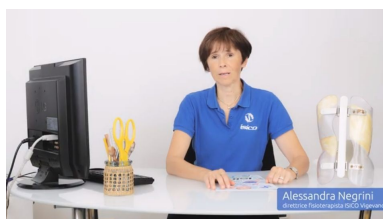
Marta has recently become patient in our Milan headquarter, where she follows our specific exercise approach to scoliosis with SEAS exercises.

[Read More](#)

Treatment with a brace: what to know

Why treatment with a brace is important when scoliosis is evolutionary?

Alessandra Negrini, a Isico physiotherapist, explains it in a new video, which also reports the testimony of a young YouTuber and gymnast, **Aurora Lo Cicero**: *"My life hasn't changed, it's just a little more boring because I have to bear in mind also the brace, but it is bearable! It is crucial to solve the problem and improve; the rest goes into the background!"*.



[Watch the Video](#)

Facebook Isico: now also in English!

The **Isico Facebook page has doubled!** Since a few weeks, you can find us also in English.

We want to address particularly all those who have attended our learning courses in the world, from the World Master to the Seas courses, those who follow our scientific activity and those who have turned to our headquarter clinic in Milan for clinical treatment.

Over the years many patients arrived from outside Italy from countries even those most distant.

We invite you to follow us there too, and why not, add your like and share us with your friends and colleagues.

You find us as: [ISICO - Italian Scientific Spine Institute](#)





World Master 2020: let's go!

On **January 16** the World Master Online officially opened, now in its fifth edition. Participants come from all over the world with the entry of countries like **Colombia, Armenia, Norway, Egypt and Mongolia** for the first time.

Over the years there have been over **200** participants coming from 5 continents...

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Get your answer

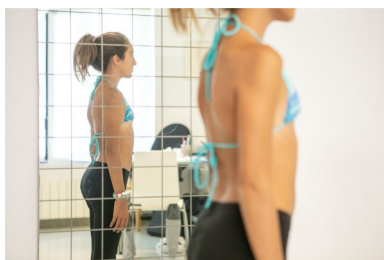
Should the siblings of scoliosis patients be screened for the condition?

Yes, we strongly recommend that they undergo screening, because scoliosis is a condition that runs in families. In other words, it occurs more frequently in individuals who have affected relatives...

[Read more](#)

Focus

The pubertal growth spurt: why is it the main risk for scoliosis?



Scoliosis is known to be a condition that evolves with growth, the latter being a process that starts on the day we are born and ends when we achieve complete bone maturation (that is to say, at between 16 and 18 years of age, depending on our sex as well as various other subjective factors).

Over this long period of time, however, **there are some phases in which the rate of growth speeds up..**

[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.

Surgical Versus Nonsurgical Treatment for High-Grade Spondylolisthesis in Children and Adolescents: A Systematic Review and Meta-Analysis.

Xue X, Wei X, Li L, Medicine (Baltimore). 2016 Mar;95(11):e3070. doi: 10.1097/MD.0000000000003070.

[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.

Scoliosis and pregnancy: it's possible!

I have scoliosis, can I have children?" This is a question we are often asked. And we have no hesitation in answering: "Yes, *becoming a mother is a great joy that should be experienced without anxiety, even if you have scoliosis*".

It is, in fact, absolutely untrue that if you have scoliosis you can't have children.

A woman with scoliosis can have children...

[Read more](#)



What's on worldwide



**15th International
SOSORT Meeting 2020**
27 to 29 April 2020



SOSORT 2020: registration now open!

Until February 15th it is possible to register at a reduced rate for the **15th International Meeting 2020**, which will be held in **Melbourne, Australia, from April 27th to 29th**.

The SOSORT event is part of the **SpineWeek**, that will bring together a multitude of spine societies, providing an opportunity to exchange ideas, discover new research and explore scientific collaboration.

Register for SOSORT, and attend as many society meetings and lectures as you like, free of charge.

From February 1st the preliminary program is available, for more info or registration, please visit the website:

<https://sosort2020.com>



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