

Look back at Wiesbaden 2014



"Jean-Claude de Mauroy, as Chair of Communication committee, brings you the news..."

November 2014

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Introduction of the new boardmember: Cindy Marti

Reports from a new board member

Dear SOSORT Members,

Thank you all for electing me to the SOSORT board. I consider it a great honor and am truly very excited to serve the society. I enjoyed my first SOSORT Board meeting on Saturday after the conference. I have been asked to report on a few issues for the newsletter: Board discussions on the Educational Preconference, Board discussions on the first PT Exercise Panel Discussion/Brace Contest, and highlights from conversations with SRS President, Dr. Steven Glassman.



Names left to right: T. Hresko, P. Knott, M. Romano, S. Negrini, Z. Fabio, J. O'Brien, C. Marti, L. Stikeleather, T. Grivas, J. Durmala, H. Diers, M. Rigo, T. Maruyama, J. de Mauroy, S. Glassman,

SOSORT 2014 and SOSORT 2015

MESSAGE FROM THE PRESIDENT

Dear SOSORT members and friends,

As we reach the midpoint of the year between our meetings, it is a good time to reflect on the things you learned at the last SOSORT meeting at Wiesbaden.

Have you put any of them to practice yet? Are you working on some research of your own?

The newsletter committee led by Jean-Claude and Andrea have put together several things to remind us of SOSORT 2014, and they should also get us thinking about SOSORT 2015.

A call for abstracts will be reaching you soon. Think about what you have to contribute for our meeting next spring. Begin considering your travel plans. We will all miss you if you are not there!! Staying in touch with your colleagues using Facebook or LinkedIn or another resource might be helpful to you as you plan your trip.

There is information in this newsletter showing you how to connect with others.

The SOSORT board has spent the summer discussing our Journal, *Scoliosis*, and how to increase the publication rate from our membership. I welcome any comments or suggestions you have for us as we develop our strategies for the future of the journal. You will hear much more from us in the coming months about this.

Hope your summer went well, and that you have a productive fall.

Sincerely, Patrick Knott

SOSORT President, 2014-15

SOSORT 2015 KATOWICE

The Local Organizing Committee is pleased and honoured to invite you to participate in the 10th SOSORT Annual Meeting, *International Conference on Conservative Management of Spinal Deformities* which will be held on the 7th-9th May 2015 in Katowice, Poland.

The Conference will be preceded by the 5th SOSORT Educational Course held on 5-6 May 2015.

This Conference and Course will bring together participants from all over the world, giving opportunity to take advantage of knowledge and expertise of the most renowned specialists in spinal deformities. We hope that the scientific

We are still awaiting results of the satisfaction surveys, but we discussed some issues about future Educational Course organization that I think are worth sharing. I invite you all, as SOSORT members, to contact me with feedback about these courses.

The mission of the Educational Preconference is to educate novice clinicians about scoliosis and attract new attendees from around the world - especially from the local area where the conference is being held. The board reiterated this mission and discussed some ideas for future course organization.

For the basic education session (Day 1): There is agreement that there should be more standardization in the curriculum, with content being updated but key topics to be repeated every year. In discussions, key topics included:

Spinal deformities: Etiological classification

Kyphotic deformities with special attention to Juvenile Kyphosis

Idiopathic Scoliosis: Definition and general aspects, 3D nature of IS, natural history of AIS

Adult scoliosis: Early and Late Onset Idiopathic Scoliosis in Adult life; De Novo Adult Scoliosis. Clinical features, natural history, pain and disability and natural history. Conservative management of Idiopathic scoliosis and other spinal deformities: SOSORT guidelines, elements of SSE, surveillance and education, specific exercises and other physiotherapy approaches, bracing.

For break-out sessions (Day 2): Traditionally, day 2 has been dedicated to workshops/seminars on the different SOSORT accepted schools, with the objective of the sessions to show the principles of each technique used by the schools. Dr. Fabio Zaina recommended each discipline (PT, Orthotist, MD) have one lead instructor teaching the course, instead of instructors from each school or concept. There was discussion that schools / instructors may not be comfortable with someone else representing their concepts. Dr. Patrick Knott suggested a format whereby the individual schools would submit a formatted Powerpoint, following key concepts of each school, thereby giving each school control over the content. The content would be standardized, such as for PT "must include all of the elements of the agreed-upon SOSORT consensus of SSE. A positive outcome would be more standardization, less risk of mercantile/competitive presentations.

expectations.

This year's Conference and Course will be hosted by Katowice, the capital of Upper Silesia. The venue - Katowice's Angelo Hotel - provides excellent conditions for scientific sessions as well as social activities bringing participants together.

We look forward to greeting you at the 10th SOSORT Annual Meeting and the 5th SOSORT Educational Course.

With kind regards, The Local Organizing Committee

SAVE THE DATE!!!



Use of social media



Facebook for SOSORT

Facebook is a multi-faceted social media site which utilises "status updates" through use of text, pictures, videos and links. It will allow use of one-on-one messaging, as well as "share" and "like" facilities for friends and follows to publicise amongst their friends. It also includes analytics, which can track the demographics of people who visit your page. E.g. ages, country of origins, etc.



Twitter for SOSORT

Twitter is one of the foremost forms of social media in the world at the moment, and probably the most effective social media tool for real-time communication. In 140 characters, it is possible to reach out to 650million users, and makes it easy to integrate photos and videos as part of this. On Twitter, information is shared immediately!

Twitter provides the opportunity to "follow" other users with similar interests with exceptional ease. To get regular updates from SOSORT, all it takes is to visit the username @SOSORTgroup and click follow!



LinkedIn for SOSORT

We have a closed LinkedIn group led by Patrick Knott. Anyone who is interested can ask to join the group!

Watch [this](#) for information and how to sign up.



Google+ for SOSORT

serve as a Board / Educational Committee liaison with Dr. Manuel Rigo to facilitate final decision.

First Exercise School Panel Discussion and Bracing Contest

The Board agreed the exercise school panel discussion and brace contest sessions were both well received. Joe O'Brien reported positive interest from the SRS physicians in the audience. The Board agreed to repeat both sessions at next year's SOSORT with some modifications proposed:

- PT schools must follow SSE SOSORT guidelines in content
- A PT must present for the school (no MD) and an orthotist must present for the brace (if an MD is also an orthotist, this is permissible)
- Chairs of the sessions will review and approve presentations PRIOR to the conference to make editing recommendations for quality and time management

Highlights from PT discussions with Dr. Steve Glassman

I had the great pleasure of sitting on the bus next to Dr. Glassman on the way back from the Schroth Clinic tour, as well as having lunch with him a couple of times throughout the conference. I thoroughly enjoyed our conversations and felt extremely enthusiastic about his interest in the conference, and his willingness to look at implementing change in the US, SRS, and his own clinic upon return to the US.

On the bus, we discussed adult scoliosis and the need for research and guidelines for treatment. I shared with him my anecdotal experiences of several cases in my own practice, highlighting positive outcomes with multi-modal care. We brainstormed possible study designs for adults and discussed the adult scoliosis curriculum content to use in my role as a BSPTS instructor. We clearly shared a passion for helping this population of patients, and recognized the both the importance and the great potential of PTs and MDs working as a team.

Later we discussed the changing trends at several leading institutions in the US regarding non-operative scoliosis care. I shared with him some of the highlights of *the American Perspectives on SSE* talk I gave at the preconference. He agreed to assist me with implementing a survey about SSE to SRS members, that I might add this data to the survey results of PTs and PMR doctors. He concurred that a registry of PT outcomes for scoliosis may be a viable way to initiate research in the US, using the untreated population in the BRAIST study as a control group. I was especially excited when he indicated his intent to recruit a PT to be Schroth trained at his practice.

I look forward to ongoing interaction with Dr. Glassman back in the US. Thank you, Dr. Glassman for a very enjoyable time together.

Respectfully submitted,

Cindy Marti, PT

Articles

Hope for an S-shaped back

By Rachel Rabkin Peachman

May 12, 2014 3:53 pm

Beth Janssen, a physical therapist, instructs Tylene Dierickx, 15, who has scoliosis, in a Schroth Method stretching exercise to help correct the curvature of her spine. Credit Andy Manis for The New York Times



[Read More](#)

SRS statement on Physiotherapy Scoliosis Specific Exercises

Plus as well



Research Gate for SOSORT

We encourage all our members to sign up and share publications, presentations and posters

SOSORT Boardmembers

Topic	Chair	Contact	Online References
Finance	Helmut Diers		
Scoliosis Journal	Theo Grivas	(board only)	
Brace Classification Study Groups (BCSG)	Theo Grivas Angelo G Aulisa, Jean Claude de Mauroy, Helmut Diers, Steve Glassman, Timothy Hresko, Tomasz Kotwicki, Patrick Knott, Toru Maruyama, Stefano Negrini, J. O'Brien, Nigel Price, Manuel Rigo, Luke Stikeleather, John Thometz, James Wynne, Fabio Zaina		
Communication	Jean Claude de Mauroy		
Education	Josette Bettany Saltikov, co-chair Manuel Rigo		
Membership	Mag. Petra Feistritz-Gräßl		
Ethic	Tamar Neuhaus		
Scientific Terminology Consensus & Guidelines	Stefano Negrini		
Advisory & Nominations	Tomasz Kotwicki		
Research	Eric Parent		
Statutes	Manuel Rigo		

By M. Timothy Hresko, MD: Chair, SRS Non-operative committee

Physiotherapy Scoliosis Specific Exercises: Scoliosis Research Society

May 19, 2014

Physiotherapy Scoliosis Specific Exercises (PSSE) have been proposed as a supplemental treatment to orthotic management of scoliosis to prevent progressive deformity in children and adolescents. PSSE have also been applied for adult patients with pain associated with scoliosis deformities. The common principles of PSSE involve auto correction, elongation, and chest wall expansion with integration of the "corrected" posture into daily life activities. Several programs have been proposed for scoliosis treatment throughout Europe. One of the initial proponents was Katharina Schroth of Germany who established a clinic for treatment of scoliosis based on a spa-like concept.

[Read More](#)

More information about...

- [SOSORT website](#)
- Memories by [video](#) and [photo album](#) from Wiesbaden, produced by Andrea Lebel
- [Official website of Katowice 2015](#)
- [SRS news](#)
- For editorial enquires of Scoliosis Journal, please send your mail to [T. Grivas](#)

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Editors: Jean-Claude de Mauroy - Chair of Communication Committee, Andrea Lebel - Ottawa, Scoliosis Physiotherapy, Michael Bradley and Jason Black - Scoliosis SOS, London

Join us:



Comments, tips or advice? Mail to [Mariette Zoer](#)

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