



# SOSORT

INTERNATIONAL SOCIETY ON SPINAL ORTHOPAEDIC AND  
REHABILITATION TREATMENT

**NEWSLETTER** N° 1-2010

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## **EDITORIAL:**

The Newsletter Committee wants to welcome to all members to the new year 2010!!

As a new year we want to expose you the current situation of our society giving you the news of each committee. Our propose is to be better and to improve our work, for this reason we want to change the format and content of the newsletter to offer what the society and the members who are part of it need for growing. We just hope to obtain it!!

On the other hand, we want to refresh you that the annual meeting is arriving. Researchers and clinicians make an effort to present new data which improves our knowledge under a scientific point of view. We encourage you to do the best!!

M. Villagrasa, P. Pizzetti.

## **EDITORIAL:** CURRENT SITUATION OF OUR SOCIETY: THE DEVELOPMENT OF EACH COMMITTEE

### **Committee's CONTRIBUTIONS:**

#### **EDUCATION COMMITTEE**

Chair: Manuel Rigo

The SOSORT Educational Committee was asked by Charles Rivard to organize the educational session in Montreal as you know. A suggested topic from out of the committee was 'posture'. After a quite long discussion, the ED has concluded that 'posture' is a weak topic at this moment considering other candidates. It was finally accepted by consensus that '**adult scoliosis**' is a more interesting topic for everybody as it was never before. I would like you to consider this as the best candidate topic.

To my point of view and clinical experience, the two main problems in adults with any of the idiopathic clinical forms developed during growth and non operated are curve progression (lets avoid here the term instability) and pain. Breathing impairment is more secondary with the exception of untreated or bad treated early onset thoracic scoliosis going over 90°.

**Pain** is sometimes related to the scoliosis and sometimes is not. Adults with idiopathic scoliosis can suffer back pain like any other adult and related to the same factors than in general population but they have also specific causative factors like for example 'segmental instability associated to rotatory listhesis' or the 'costoiliac syndrome'.

**Adults operated** during adolescence with old instrumentation is also a big problem for conservative doctors and a real challenge for modern orthopaedic surgeons.

Adults developing **degenerative scoliosis** can be considered a third population with specific clinical problems. And finally, we have to consider a last but not least important population formed by those adults going under surgery and coming to rehabilitation later.

Dr Stefano Negrini pointed out: "I think as well that the problems in adult scoliosis are twofold: back pain on one side, and progression on the other.

You listed two specific pain syndromes due to scoliosis, but I think there are at list three other typical clinical presentations:

- **postural collapse:** it's a pain appearing during the day and increasing gradually until the patient needs to lie down to recover (not always possible) and it's due to the lack of muscular support of the spine; pain is typically on the concave side (compression), or on the hump (distraction), but is not really generalized unless there is an anterior flexion
- **sacro-iliac joint pain**, similar to that in pregnancy (not only in scoliosis) and due to the asymmetrical compression of these joints; in this case there are the typical sacro-iliac tests positive
- **postural pain** due to anterior flexion, in cases in which lordosis cannot be reached any more and pain is constant as soon as the patients stand by

In all these situations you cannot be totally certain, but the clinical description can be drawn quite easily and, even without certainty, you can understand where the pain comes from. So, a differential diagnosis is possible."

In accordance with Dr Tomasz Kotwicki the preliminary proposed program is:

- 1) Differential diagnosis of the back pain in adult scoliosis (non operated patients)
- 2) Differential diagnosis of back pain in adults with scoliosis (operated patients)
- 3) Interpretation of radiological signs and MRI in adults with scoliosis
- 4) Bracing as a realistic approach in the conservative management of adult scoliosis
- 5) Surgical treatment of adult scoliosis
- 6) Rehabilitation in adult scoliosis: specific or not specific ?

*Any change in this program will be accurately informed on time.*

## **MEMBERSHIP COMMITTEE**

Chair: Fabio Zaina

The work of the committee in this period consisted in contacting members for renewals. The society growth up a lot during the last year and at present time we are 87. The committee will contact again those who joined SOSORT at some time and then dropped the contact. The turn of the new year makes it necessary for all SOSORT members to check their position. The membership in fact must be renewed every year. The renewal fee for 2010 is 80 Euros if paid before the Montreal meeting and 100 for those who will pay after. For more info send an e-mail to: [membership@sosort.net](mailto:membership@sosort.net)

## **CLINICAL COMMITTEE**

Chair: Stefano Negrini

The Clinical Committee (chair: Stefano Negrini; members: Angelo Aulisa, MD; Lorenzo Aulisa, MD; Holly Cinthas, PT; Dymitris Papadopoulos, MD, CPO; Katrina Hume, PT; Michele Romano, PT; James Wynne, CPO) has been charged during Lyon Meeting of preparing the next SOSORT Consensus on "Terminology". The first stages of development has been done inside the Committee, and now Theodoros B. Grivas, our past-president, is leading the way toward this important step forward of our Society. The Clinical Committee has also been charged of the new edition of the SOSORT Clinical Guidelines, involving the previous authors, as well as the Board members. This project will start soon, coming from the previous experiences of Guidelines, by SOSORT and in Italy. Moreover, Holly Cinthas, according to the discussion in Lyon, proposed a format for next presentations in SOSORT Meeting about exercises treatment, so to allow presenters to give a better idea to participants about what has been really done during treatment. This is under evaluation, and hopefully a proposal will be ready by the time of next Meeting.

## **SCIENTIFIC, RESEARCH AND CONSENSUS COMMITTEE**

Chair: Tomasz Kotwicki

The Scientific and Research Committee continues the activity "SOSORT promotes research" and currently examines a scientific project submitted by a group of researchers from Poland who wish to apply for Ministry of Health grant. We help this group to prepare a good project, following SOSORT standards for high quality methodology. Other researchers interested in having their project examined by the SOSORT Committee are invited to submit it at [kotwicki@ump.edu.pl](mailto:kotwicki@ump.edu.pl) The Committee does not disperse it without authors' approval.

The Committee prepares a debate on the SOSORT prospective brace study, the details will be provided in the next Newsletter.

## **NEWSLETTER COMMITTEE:**

Chair: Mònica Villagrasa

The propose of our committee is to create new activities which help us to offer you news and the possibility to know better the thoughts of our members. We are working in new formats to offer you interviews and also to have interaction with our lectors asking to the members what they really want about the newsletter. This always under the board supervision. We want to create a dynamic newsletter which really covers the needs and expectations of the members. So we need your cooperation. Thanks for it!

## **WEB-SITE COMMITTEE:**

Chair: Jean Claude de Mauroy

The domain name "SOSORT.ORG" belongs to Medtronic Poland and our President Tomasz Kotwicki is working so that the SOSORT will be the official owner.

These steps are long and complex. Initially the Web-site was a platform for prospective studies of the conservative treatment.

In the meantime, we pursued our efforts in two directions.

1 - Creation of a web-site (sosort.mobi) dedicated to mobile phones (Iphone, blackberry...)

2 - Conversion of the old web-site (sosort-lyon.net) in archives of the Lyon meeting with videos on-line. We use the mp3 recordings and powerpoints.

As soon as possible we shall group together all the information on the same web-site (sosort.org).

*"It is essential to maintain the original SOSORT.ORG url for our website. Changing the domain name becomes very confusing and seriously diminishes the opportunity to grow through progressive awareness and links etc. This is not a good website strategy." Joe O'Brien*

This web-site will serve as support for the annual meetings.

*"With regard to the Annual Meeting, the first and easiest way to establish the SOSORT standards and branding is to make this a fixed part of our website. No matter who the local host is, we can use the same website resources for registration, abstract submission and evaluation, program description, email distribution etc. If we manage the Annual Meeting through the SOSORT website then it is easier for the local host, provides a consistent message and process for the attendees, and establishes standard controllable quality and branding for our organization." Joe O'Brien*

## **NEWS:**

### **Web Committee:**

We are sorry to announce that sosort.net is currently unavailable due to technical reasons. The new web address is <http://www.sosort.mobi/> which is also accessible by mobile phones.

Jean Claude DE MAUROY, Paolo Pizzetti, Angelo Aulisa

### **Annual Meeting News:**

**From the 1<sup>st</sup> of October the MONTREAL Meeting web has opened for **online registration**.**

The **call for abstract is still open and the deadline for submission will be February 15, 2010**. This year, we will concentrate the program on **RESULTS** not on technique. We will also have educational session during the meeting.

For more information: [SOSORT 2010](#)

## **SCIENTIFIC EVENTS:**

**7th SOSORT Annual Meeting – May 19-22, 2010 Montreal CANADA**

IRRSD Biannual Meeting – July 1-3, 2010 Montreal CANADA

World Confederation for Physical Therapy - June 20-23, 2011 Amsterdam Netherlands

**LINKS :**

Scientific Societies

[www.sosort.org](http://www.sosort.org)  
[www.sosort-lyon.net](http://www.sosort-lyon.net)  
[www.spine.org](http://www.spine.org)  
[www.srs.org](http://www.srs.org)  
[www.britscoliosissoc.org.uk/](http://www.britscoliosissoc.org.uk/)  
[www.bsrff.co.uk](http://www.bsrff.co.uk)  
[www.gss.it](http://www.gss.it)  
<http://www.boa.ac.uk>

Patients associations

[www.escoliosis.org](http://www.escoliosis.org)  
[www.scoliosis.org](http://www.scoliosis.org)  
[www.sauk.org.uk](http://www.sauk.org.uk)  
[www.scoliosis-assoc.org](http://www.scoliosis-assoc.org)  
[www.scoliosis-info-forum.de](http://www.scoliosis-info-forum.de)  
[www.scoliosis-australia.org](http://www.scoliosis-australia.org)  
<http://scoliosi.forumfree.net>  
[www.SpineKids.com](http://www.SpineKids.com)  
[www.scoliosiscare.org](http://www.scoliosiscare.org)

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