



# SOSORT

INTERNATIONAL SOCIETY ON SPINAL ORTHOPAEDIC AND  
REHABILITATION TREATMENT

NEWSLETTER N° 4-2009

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## EDITORIAL:

Dear Members and Colleagues,

Time goes by but we still have a clear and alive picture of our last meeting in Lyon under the behalf of SIRER. Our society is constantly growing, we are gathering from more than 35 different countries but we are still small. A grateful thing is that we are coming from all over the world with the same beliefs: to share our ideas in order to create something together and to search the most effective approach into scoliosis field. This is what scientific societies are made for.

The scientific level is also growing, this thanks to our improvement through the years. This means that we are starting to become an important display and an acknowledged community in the field of the scoliosis care. The SOSORT Award is also responsible of the positive evolution in the scientific level. The Award is in fact an important tool to force us to increase the level of the presentation every year but also to stimulate us to innovate in the scientific research of our field.

Now we are all looking forward the next meeting in Montreal hosted by Doctor Rivard and his team, in order to give the society another strong push forward in its beliefs and aims.

P. Pizzetti, M. Villagrasa.

## **EDITORIAL: 7<sup>th</sup> SOSORT MEETING**

**Charles H. RIVARD, MD**



Montreal, August 20th, 2009

Dear colleagues,

The 7th annual meeting of SOSORT will be held in Montreal on may the 19th to the 22nd. After many successful meeting, the Montreal Scoliosis Research Group will try to develop for the international visitors, an unforgettable meeting. Since the last 30 years, Montreal has been recognized for research on scoliosis. About 16 M.D, 24 PhD and more than 40 others professionals concentrated their research on all types of scoliosis, from congenital to scoliosis due to rare syndrome.

The call for abstract will open on October 1st and the deadline for submission will be the 20th of January 2010. This year, we will concentrate the program on RESULTS not on technique. We will also have educational session during the meeting.

With the help of the professional from Sainte-Justine Hospital (Johanne Charron, Christine Larue and Jean-François Hébert) we got a special agreement with the "Grand Plaza Hotel" on Sherbrooke street, at 139.00\$ CAN per night. It's a quite special rate.

In summary, we hope that you will join us in Montreal to help us to demonstrate that conservative treatment of scoliosis still have an important role now and for the future.

Charles H. Rivard

## **EDITORIAL: 6<sup>th</sup> INTERNATIONAL CONFERENCE ON CONSERVATIVE MANAGEMENT OF SPINAL DEFORMITIES**

**6<sup>th</sup> CONFERENCE CHAIRMAN: Jean Claude DE MAUROY**

The 6th annual meeting of the Society of Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT) was held from May the 20th to the 23rd under the honorary presidency of Jean Dubousset and Oheneba Boachie Adjei (SRS President).

More than just an expensive journey, scientific conferences are important functions where international relations can develop, scientific knowledge can improve and work efficiency progress.

This particular meeting of the SOSORT was remarkable for a number of reasons, not the least being that it was the first time we had met in Lyon, city of great tradition of gastronomy and conservative orthopaedic treatment of scoliosis. I think the gala dinner at Paul Bocuse will long be remembered.

The most significant aspect, however, was our local organization by the SIRER (International Society of Research and Studies on the Spine). Although the number of French participants was limited, the members of the SIRER have appreciated the remarkable dynamism of SOSORT. As the objectives of our two societies are very close, a joint future seems logical. The memberships of our two societies are still minor, the meetings are long and leisurely paced and virtually everyone in the small specialty of orthopaedic conservative treatment knew each other...

A notable aspect of the 2009 meeting was the energy and ideas that flowed from it, resulting in many enduring orthopaedic educational experiences. With more than 100 scientific presentations, and 20 posters it was a tremendous opportunity for the exchange of ideas and the advancement of knowledge among the 180 delegates from 36 countries. Moreover, one must mention the renewal of friendship among physiotherapists, orthotists and physicians who work so far away from one another. Progress will not be made without close cooperation between the physician, the orthotist, the engineer and the physiotherapist. Let's work together to make them develop.

This year the educational session was focused on kyphosis and will probably be the starting point of a new book of Instructional Course Lectures like 2008 in Athens. The first step towards a consensus on conservative orthopaedic treatment of kyphosis was achieved.

An additional key point was provided by James Ogilvie thanks to predictive genetic testing of evolutive scoliosis. Bracing without first plaster cast reduction do not change the natural history of idiopathic scoliosis... In Europe, we are convinced of the effectiveness of our conservative orthopaedic treatment, but the multiplicity of braces and protocols makes our work implausible. Not all underarm braces are the same. Some are well designed with force points in critical areas and relief in others to allow both passive and active correction. Adequate openings for full lung inspiration and breast development are critical but often forgotten in the desire to achieve a better X-ray correction.

After this meeting we will be able to coordinate our actions, to precise the technical realization and indication of braces, their indications and the physiotherapy associated. If you want to re-evaluate some of the information, you can listen to the recorded lectures and review the slides in video streaming.

Who knows what beneficial, long-lasting concepts born at this meeting will be implemented for the future overall good of conservative management

Jean Claude DE MAUROY

## **EDITORIAL:**

### **First thoughts from the SOSORT AWARD 2009 WINNER:**

**“Effectiveness of complete conservative treatment for adolescent idiopathic scoliosis (bracing and exercises) based on SOSORT management criteria: results according to the SRS criteria for bracing studies “**

**Stefano Negrini, Salvatore Atanasio, Claudia Fusco, Fabio Zaina**

When I was preparing the paper for the SOSORT Meeting I immediately had the feeling that this paper could win the SOSORT Award. It was just a feeling, but the paper was very interesting even for me, the author: in fact, like always when you are making research, you know where you start from but you don't know where you will arrive. I did not know really what were our real results of treatment according to the SRS criteria, but I knew we were behaving quite well because we fully respected the SOSORT criteria since the beginning of my practice (I am born to scoliosis treatment with Paolo Sibilla, my master and mentor, who already followed these principles). I am totally convinced that the difference among the results we obtain (and not only here in Italy in ISICO, because I'm aware that in the SOSORT there are many others who obtain similar results, as well as it happens out there, in the clinical everyday world, where there are people who never show themselves, but work carefully and are fully dedicated to their patients) and those usually reported in the literature rely on the SOSORT principles of management, that greatly increase compliance, one of the two factors (together with brace mechanical efficacy) of good results. Now, thanks to SOSORT, and to our Journal Scoliosis, we can present our results, we can show what it is possible to do with a well planned approach and treatment. This has been clearly shown during our last Lyon SOSORT Meeting that was even more successful of the previous ones, which already were outstanding. Every year I'm looking forward more and more on our future meetings, confident on the increased quality of our work, as well as on that friendship that is gradually increasing among us, making of those that in the past were individuals a group working together at its best for the worldwide sake of the patients suffering of scoliosis.

Stefano Negrini

**“Long-term results after Boston brace treatment in adolescent idiopathic scoliosis”**

**Johan Emil Lange, Harald Steen, Jens Ivar Brox**

The meeting in Lyon is of course a nice memory for me, receiving the award on behalf of my co-authors. The meeting was held in a nice atmosphere and gave me the opportunity to meet engaged people and listen to presentations from a very international participant group. In addition, we had the opportunity to visit Lyon and to join a spectacular dinner at Bocuse.

This was the second SOSORT meeting for me, the first was in Boston. Both meetings were interesting, but the meeting in Lyon was very structured and the general quality of presentations was good. Also, one of the workshops provided insight in the skills and tradition of bracing in Lyon.

The advantage of our award presentation was the careful registration of baseline and follow-up data. Our nestor spine surgeon developed a high quality programme for the treatment of deformities about 35 years ago. He carefully and systematically registered demographic data, compliance, and scoliotic curves. At that time health related quality of life questionnaires were not available and the advantage of a randomised study design was not widely accepted. The use of a translated and validated SRS-22-questionnaire at long-term follow-up provided useful information along with the scoliotic curves.

Norway is a small country and the quality of bracing is at best as good as in many of the large centres in Europe. Probably, the quality of bracing is higher at these centres. Therefore, I will strongly encourage all of you to systematically register all the data available in order to publish the short- and long-term results of bracing in large populations. Without systematic registrations such data will unfortunately not be available.

Jens Ivar Brox

## **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 site is opened for **online registration**.**

**The **call for abstract** opened on October 1st and the deadline for submission will be the 20th of January 2010**

For more information: [SOSORT 2010](#)

## **SCIENTIFIC EVENTS:**

Eurospine 2009 – October 21-24, 2009 Warsaw, POLAND

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

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

## **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.bsrf.co.uk](http://www.bsrf.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)

## **CONTACT US:**

SOSORT'S SECRETARY: [sosort@isico.it](mailto:sosort@isico.it)

NEWSLETTER COMMITTEE: [newsletter@sosort.net](mailto:newsletter@sosort.net)