

# 3<sup>rd</sup> International Symposium



## **CURRENT TRENDS IN RESEARCH ON SCOLIOSIS AND OTHER SPINAL DEFORMITIES**

17<sup>th</sup>-18<sup>th</sup> September 2022  
War Museum, Athens, Greece

P R O G R A M

UNDER THE AUSPICES:



Panhellenic  
Physiotherapists'  
Association



University of Thessaly  
School of Health Sciences  
Department of Physiotherapy

# GraviSpine

Gravity device  
for the therapy  
of spine diseases



## Indications

- Scoliosis
- Scheuermann disease
- Functional asymmetry
- Pain of Th and L-S spine (children and adults)
- Treatment before invasive procedure (spine surgeries)

Το ορθοπεδικό κέντρο **ideal** αποτελεί το **πρώτο ολοκληρωμένο κέντρο Ορθοπεδικών Κηδεμώνων** στην Ελλάδα. Δραστηριοποιούμαστε εδώ και **25 χρόνια** στον τομέα της αποκατάστασης των σημαντικότερων παθήσεων της σπονδυλικής στήλης και παρέχουμε υψηλού επιπέδου υπηρεσίες.



**ΚΥΦΩΣΗ**



**ΣΚΟΛΙΩΣΗ**

Η εταιρεία μας διαθέτει εξαιρετική φήμη σε ότι αφορά την ποιότητα των προϊόντων και των υπηρεσιών της. Επιζητώντας διαρκώς την ανανέωση, την εξέλιξη και την αναβάθμιση των παροχών μας προς το κοινό και μέσα από τη δημιουργία στρατηγικών συνεργασιών με διάφορα ορθοπεδικά κέντρα, εμφανίζουμε υψηλά ποσοστά επιτυχίας ως προς τη διάγνωση και την ίαση προβλημάτων που σχετίζονται με κύφωση και σκολίωση. Με μηχανήματα νέας τεχνολογίας και ανθρώπινο δυναμικό άρτια εκπαιδευμένο από τον εφευρέτη και γνωστό στην ορθοπεδική κοινότητα για την πολύχρονη εμπειρία και την καινοτομία του Νικόλαου Βαστατζιδη, **σχεδιάζουμε και κατασκευάζουμε** με κάθε λεπτομέρεια κηδεμόνες για την αντιμετώπιση των σοβαρότερων προβλημάτων της σπονδυλικής στήλης.



Οι κηδεμόνες που διαθέτουμε για τους ασθενείς μας είναι κατασκευασμένοι από υλικά τελευταίας γενιάς και συμμορφώνονται πλήρως με την ιατρική γνώμάτευση του θεράποντος ιατρού. Ακόμη, χάρη στη χρήση ειδικού **Laser Scanner** και τρισδιάστατου ψηφιοποιητή λευκού χρώματος (**White Light Scanner**) καθίσταται δυνατή η εξειδικευμένη και λεπτομερέστατη λήψη μέτρων, η οποία προσαρμόζεται στις ανάγκες του κάθε ασθενούς.

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## Welcome Letter



Dear Colleagues,

It is with great pleasure that I welcome you to Athens on 17<sup>th</sup> and 18<sup>th</sup> of September 2022 for the 3<sup>rd</sup> International Symposium. This meeting represents the 3<sup>rd</sup> SCOSYM Symposium in a series of successful meetings organized in Serbia the previous years.

Scoliosis, a 3-D deformity of the spine and the thorax, mainly affects children, who are the future of any society. The medical societies that specialize in this ailment have recently intensely focused on the study of the epidemiology, etiology, pathobiomechanic and laboratory, clinical and imaging documentation and treatment, either non-operative or operative. The advent of new technologies is key to the study and advance of our insight into these diseases, with the aim of improving the quality of life of this sensitive group of people. The ultimate goal is to diminish or even eliminate the disease.

It is interesting to note the impressive developments in the implementation of scoliosis school-screening programs, physiotherapeutic specific scoliosis exercises or new surgical approaches for growth modulation for the surgical treatment of early onset scoliosis. These developments have led to better patient quality of life compared to what was experienced in the past. However, this topic is still under development and new instrumentation systems are being introduced.

When proper management is not implemented, spinal disorders may lead to significant social problems and to enormous economic losses. Therefore, treatment decisions based on the recent evidence-based literature will result in the optimum outcome. Proper management, including prevention and non-operative or operative treatment, must be tailored and implemented.

It is, therefore, very important to increase awareness and advocacy for a social mission regarding the early detection of scoliosis and prevention of progressive spinal deformity. It is imperative to raise awareness about scoliosis and to inform the public, healthcare and policy-making communities about the individual, familial and societal burdens of spinal deformity, as well as the benefits of proper detection, diagnosis and optimal care for all patients.

Based on the experience from previous years, topics of presentations are exclusively related to the Current trends in the study of scoliosis and other deformities of the spinal column. The participating speakers are world-renowned specialists and their talks cover the newest knowledge on the themes of the symposium. In addition, the delegates will have the opportunity to attend the very interesting oral presentations and posters.

We are looking forward to welcoming you to the 3<sup>rd</sup> International Symposium in Athens, one of the most attractive destinations in Europe.

*Dr. Theodoros B. Grivas*

## Organisers



## IFASD





## Local Organising Committee

### Scosym Founder

*Nikola Jevtic, MSc*

### President of the 2022 Symposium

*Dr Theodoros B. Grivas, MD, PhD*

### President of the Organising Committee

*Evangelos Theodosopoulos MSc, PT*

### Members of the Organising Committee

*Alexandros Kastrinis PhD c., MSc, PT*

*Eleni Nomikou MSc, PT*

*Sotiris Leveidiotis MSc, PT*

*Nikos Karavidas MSc, PT*

*Dimitra Dadakaridou MSc, PT*

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### Sponsorship & Exhibition Coordinator



## Scientific Committee

### President of the Scientific Committee

**Zacharias Dimitriadis** PhD MSc, PT, Assistant Professor,  
*Health and Quality of Life Assessment Research Laboratory,  
Physiotherapy Department, University of Thessaly, Greece*

### Members of the Scientific Committee

**Alexandros Kastrinis** PhD c., MSc, PT,  
*Athens Scoliosis, Moschato, Health and Quality of Life Assessment Research Laboratory,  
Physiotherapy Department, University of Thessaly, Greece*

**George Koumantakis** PhD MSc, PT, Assistant Professor,  
*Laboratory of Advanced Physiotherapy (LAdPhys), Physiotherapy Department,  
University of West Attica (UNIWA), Athens, Greece*

**Josette Bettany-Saltikov** PhD MSc Dip physiotherapy PGCE, Senior Lecturer,  
*Teesside University, UK*

**Dr Lukasz Stolinski** PT, MSc, PhD,  
*Spine Disorders Centre, Skierniewice, Poland  
Spine Disorders and Pediatric Orthopedic Clinic, Department of Pediatric Orthopedics and  
Traumatology, University of Medical Sciences, Poznan, Poland*

**Dr Maria Tsekoura** PT MSc PhD,  
*Physiotherapy Department, School of Health Rehabilitation Sciences,  
University of Patras, Greece*

**Nachiappan Chockalingam** PhD, CEng, CSci, PFHEA, FIPEM,  
*Staffordshire University, Faculty of Health Sciences, UK*






**Sanja Schreiber** Ph.D, MSc., Schroth instructor, Adjunct Proffesor,  
*Faculty of Rehabilitation,  
Medicine University of Alberta, Canada*

## International Organising Committee





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## General Informations

### Registration Desk

The registration desk will be open at the following days and times:

Saturday, September 17<sup>th</sup> 8:00 – 17:00

Sunday, September 18<sup>th</sup> 8:00 – 17:00

### Congress Venue

The Athens War Museum, established on July 18, 1975, is the museum of the Greek Armed Forces. Its purpose is the exhibition of weapon artifacts and the relevant research in the history of war. It covers the history of war in all ages. It is also used as a congress center.

### Language

English is the official language of the Congress. No translation will be provided.

### Congress Badges

For security purposes, participants, speakers and sponsors are asked to wear their name badges to the exhibition and conference room. Entrance into sessions is restricted to registered delegates only. Entrance to the Exhibition will be limited to badge holders only. If you misplace your name badge, please refer to the registration desk to organize a replacement.

### E- POSTERS

E-Posters will be presented in the exhibition area.

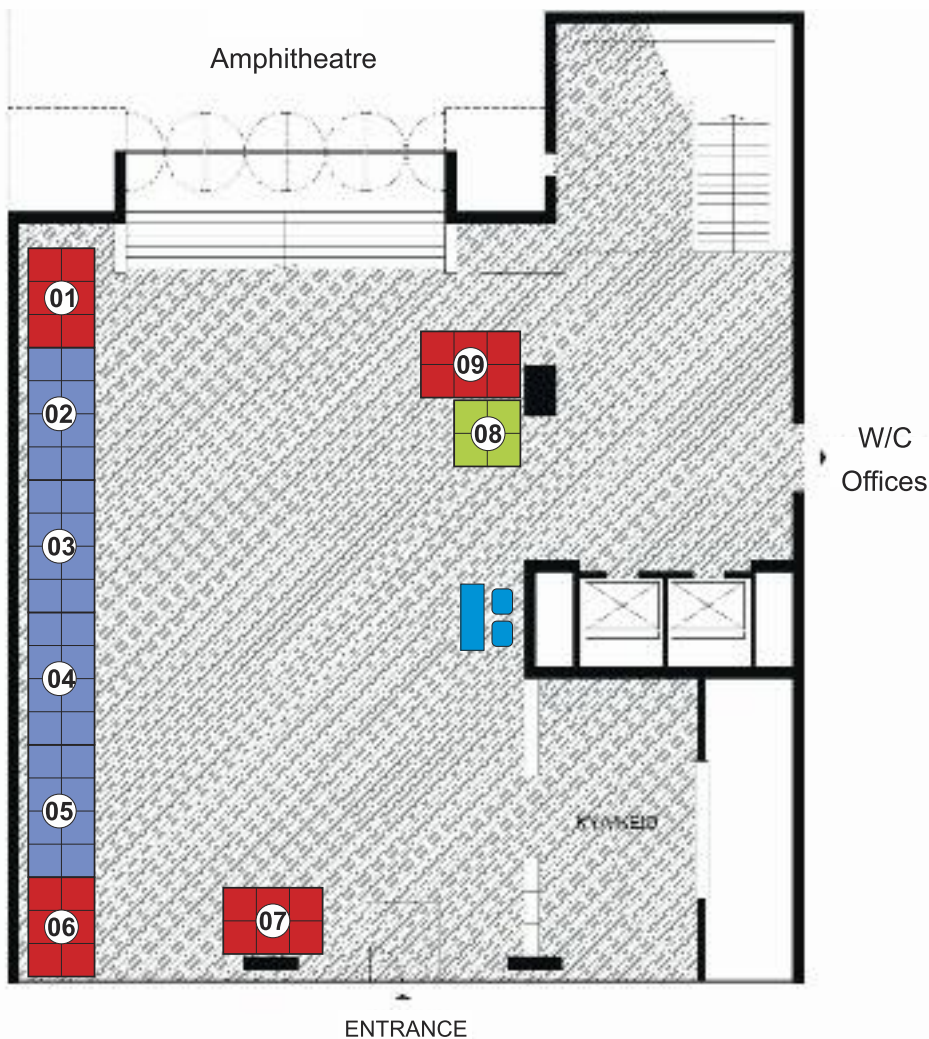
### Congress Gala Dinner

The Gala dinner of the Congress will take place at the rooftop of Bios Athens on Saturday, September 17<sup>th</sup>. It is not included in registration fees. Please refer to the Registration desk for more information.

### Disclaimer

The Organizing Committee and C.T.M. International accept no liability for injuries or losses of whatever nature incurred by participants, or for loss, theft or damage of luggage and/or personal belongings.

## Exhibition Plan



Exhibitors Listing	Stand No	Exhibitors Listing	Stand No
Pelmatografma Elite	1	Star Pilates	6
Antisel	2	Medical & Wellness	7
Samoned – Asklepios	3	Department of Physiotherapy, University of Thessaly	8
Scoliosis Spine	4	Amistim	9
Ideal	5		



## Acknowledgements of Sponsors

The Organising Committee would like to thank the following sponsors for their valued support

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## Speakers



**Dr Nachiappan Chockalingam**  
*England*



**Dr Christian Hülstrunk**  
*Germany*



**Dr Dariusz Czaprowski**  
*Poland*



**Dr Eleni Kapreli**  
*Greece*



**Dr Sabrina Donzelli**  
*Italy*



**PT Nikos Karavidas**  
*Greece*



**PT Axel Hennes**  
*Germany*

## Speakers



**Dr Giorgios Kelalis**  
*Greece*



**Dr Jean-Claude de Mauroy**  
*France*



**Dr Marek Kluszczynski**  
*Poland*



**Dr Andrzej M'hango**  
*Poland*



**Dr George A Koumantakis**  
*Greece*



**Dr Konstantinos A. Starantzis**  
*Greece*



**Dr Julian Leong**  
*England*

## Program / **Saturday 17<sup>th</sup>**

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### **9.00-9.30 Salutations – Opening**

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09.00 Opening Salutations  
**N. Jevtic**, *ScoSym Founder*

09.05 Opening  
**Th. Grivas**, *President of 2022 Symposium*

09.10 Opening Salutations  
**E. Kortianou**, *President of Physical Therapy Department/University of Thessaly*

09.15 Opening Salutations  
**P. Lympferidis**, *President Panhellenic Physical Therapists' Association*

### **9.30-10.55 Moderators: A. Hennes, N. Jevtic**

09.30 Scoliosis Prevention – School Screening  
**Th. Grivas** (GR)

09.55 AIS Screening Procedure  
**D. Czaprowski** (POL)

10.20 The impact of the SARS-CoV2 pandemic on mental health and on the quality of treatment of scoliosis patients at the Asklepios Katharina-Schroth-clinic  
**C. Hulstrunk** (GER)

10.45 Q&A

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### **10.55-11.25 Coffee break / e-poster session**

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## Program / **Saturday 17<sup>th</sup>**

### **11.25-12.50 Moderator: C. Hulstrunk, E. Piatek**

- 11.25 Biomechanics and Movement Variability in Patients with AIS – what are the next steps?  
**N. Chockalingam** (UK)
- 11.50 The general structure of Schroth exercises – proprioceptive – coordinative – active teaching  
**A. Hennes** (GER)
- 12.15 PSSE Schools  
**N. Karavidas** (GR)
- 12.40 Q&A

### **12.50-14.10 Break**

### **14.10-15.10 Moderators: S. Pjanic, M. Tsekoura**

- 14.10 Adult degenerative scoliosis  
**G. Koumantakis** (GR)
- 14.35 Adult Bracing  
**G. Kelalis** (GR)
- 15.00 Q&A

### **15.10 Workshop**

#### **CLINICAL ASSESSMENT OF CHRONIC SPINAL PAIN AND PRECISION MEDICINE**

**E. Kapreli, P. Bilika, A. Paliouras, K. Savvoulidou**

- 15.40 Q&A

### **15.50-16.15 Break / e-poster session**

### **16.15-16.55 Moderator: G. Kelalis**

- 16.15 Expert Panel  
**Th. Grivas, N. Jevtic, S. Graichen, T. Pjanic**  
AIS Conservative Treatment
- 16.45 Q&A

## Program / **Sunday 18<sup>th</sup>**

### 09.00-10.25 **Moderators: D. Czaprowski, G. Koumantakis**

- 09.00 Surgical treatment of AIS and the role of PT  
**K. Starantzis** (GR)
- 09.25 VBT  
**J. Leong** (UK)
- 09.50 Bracing Treatment for AIS  
**S. Donzelli** (ITA)
- 10.15 Q&A

### 10.25-10.50 **Coffee break / e-poster session**

### 10.50 -12.40 **Moderators: A. Kastrinis, K. Starantzis, E. Theodosopoulos**

#### ORAL PRESENTATIONS

#### **O 01 DEVELOPMENT OF A QUESTIONNAIRE OF PHYSIOTHERAPEUTIC SPECIFIC SCOLIOSIS EXERCISES - PSSE: A NEW INSTRUMENT FOR MEASURING THE QUALITY OF LIFE OF PSSE TREATED SCOLIOTICS**

Dr. Theodoros B. Grivas<sup>1</sup>, Dimitra Dadakaridou<sup>2</sup>, Melpomeni Kosti<sup>3</sup>,  
Marianna Oikonomaki<sup>4</sup>, Stavroula Fokidi<sup>5</sup>

<sup>1</sup>MD, PhD, Former Head of the Orthopaedic and Traumatology Department of the  
"Tzaneio" General Hospital of Piraeus, Greece

<sup>2</sup>PT, B.PhED, MSc, PhD c., Laboratory of Biological Evaluation of Human Performance,  
School of Physical Education & Sport Science, Aristotle University of Thessaloniki,  
Greece

<sup>3</sup>PT, Acupuncturist, Technological Institute of West Attica, Greece

<sup>4</sup>PT, University of West Attica, Greece

<sup>5</sup>PT, MSc., General Public Hospital of Nikea, "Agios Panteleimon", Greece

#### **O 02 INVESTIGATION OF TRUNK PROPRIOCEPTION ASYMMETRY IN ADOLESCENT IDIOPATHIC SCOLIOSIS: A PILOT STUDY**

Merve Karatel, Yavuz Yakut

Hasan Kalyoncu University, Faculty of Health Sciences, Department of Physiotherapy  
and Rehabilitation, Gaziantep, Turkey



## Program / **Sunday 18<sup>th</sup>**

**O 03 THE EFFECT OF KINESIOLOGY TAPPING ON SCHROTH METHOD ON THE FUNCTIONAL CHANGES IN POSTURE AND RESPIRATORY SYSTEM IN ADOLESCENTS WITH IDIOPATHIC SCOLIOSIS: PILOT STUDY**

Vaida Aelknavičiūtė-Ablonskė<sup>1,2</sup>, Orinta Rėzgienė<sup>2</sup>, Ilona Čeponkienė<sup>2</sup>

<sup>1</sup>*Šiauliai state university of applied sciences, Lithuania*

<sup>2</sup>*Physiotherapist of the rehabilitation center "KinezioCentras", Lithuania*

**O 04 THE EFFECT OF THE SCHROTH METHOD ON PULMONARY FUNCTION IN PATIENTS WITH SCOLIOSIS. A PILOT STUDY**

Aikaterini Chasioti<sup>1</sup>, Eleni Kortianou<sup>2</sup>, Ourania Kotsiou<sup>3</sup>, Savvas Spanos<sup>1</sup>

<sup>1</sup>*Human Performance and Rehabilitation Laboratory, Faculty of Physiotherapy, School of Health Sciences, University of Thessaly, Lamia, Greece*

<sup>2</sup>*Clinical Exercise Physiology and Rehabilitation Laboratory, Faculty of Physiotherapy, School of Health Sciences, University of Thessaly, Lamia, Greece*

<sup>3</sup>*Spirometry and Diffusion Laboratory, Pulmonary Clinic, University Hospital of Larissa, Larissa, Greece*

**O 05 COMPARISON OF BEFORE AND AFTER THE PANDEMIC: SCHOOL SCREENING FOR SCOLIOSIS IN A DISTRICT IN SOUTHEAST TURKEY**

Tugba Gonen, Merve Karatel, Yavuz Yakut

*Hasan Kalyoncu University, Turkey*

**O 06 DIRECT EFFECTS OF OSTEOPATHIC DIAPHRAGMA RELAXATION TECHNIQUES ON MOBILITY AND CHEST DEFORMATION IN PATIENTS WITH ADOLESCENT IDIOPATHIC SCOLIOSIS: A PILOT STUDY**

PhD Irmina Blicharska-Kubiś<sup>1,2</sup>, MSc Sylwia Kiszka<sup>2</sup>,

PhD Elżbieta Piątek-Krzywicka<sup>3</sup>, PhD Andrzej M'hango<sup>1,2</sup>

<sup>1</sup>*FITS Method, Poland*

<sup>2</sup>*Terapeuta Plus in Kielce, Poland*

<sup>3</sup>*Faculty of Physiotherapy, University School of Physical Education in Wrocław, Poland*

**O 07 PERCEPTION OF BODY IMAGE AND SPINAL DEFORMITY IN ADOLESCENT IDIOPATHIC SCOLIOSIS: THE CULTURAL ADAPTATION OF THE GREEK VERSION OF THE SPINAL APPEARANCE QUESTIONNAIRE (SAQ)**

Marianna Oikonomaki<sup>1</sup>, Georgios Kelalis<sup>2</sup>, Theodoros Grivas<sup>3</sup>,

Apostolos Skouras<sup>1</sup>, Spiridon Sotiropoulos<sup>1</sup>, George Georgoudis<sup>1,4</sup>

<sup>1</sup>*Musculoskeletal Physiotherapy Research Lab, University of West Attica, Greece*

<sup>2</sup>*Department of Orthopaedics, EuroClinic Hospital, Athens, Greece*

<sup>3</sup>*Department of Orthopaedics, Tzaneio General Hospital, Piraeus, Greece*

<sup>4</sup>*PhysioPain Group, Rehabilitation Clinics, Athens, Greece*

## Program / **Sunday 18<sup>th</sup>**

**O 08 COMPLETE NON-OPERATIVE TREATMENT WITH BRACE AND SCOLIOSIS SPECIFIC EXERCISES CAN BE EFFECTIVE FOR SEVERE SCOLIOTIC CURVES EXCEEDING 400 AT PEAK OF GROWTH**

Nikos Karavidas, Dionysios Tzatzaliaris  
*Schroth Scoliosis & Spine Clinic*

**O09 EFFECT OF CLINICAL PILATES ON SCOLIOSIS AND OTHER SPINAL DEFORMITIES. LITERATURE REVIEW**

Eleni Matsouki  
*Galatsi Physio Center Athens Greece*

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**12.50-14.00 Break**

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**14.00 Workshop**



**DIAGNOSTIC AND THERAPEUTIC METHOD FOR THE TREATMENT OF SCOLIOSIS ACCORDING TO THE CONCEPT OF THE REFLEX BALANCE OF THE SPINE (SRB-method)**

**M. Kluszczynski, B. Łysakowska-Będek**

15.00 Q&A

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**15.10-15.30 Break / e-poster session**

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**15.30 Workshop FITS Method**

**A. M'hango (POL)**

**16.00 Workshop LYON Method**

**J. CL. deMauroy (FRA)**

16.30 Q&A

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**Symposium Closing Ceremony**

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## e-Posters

- P 01 THE EFFECTS OF CORRECTIVE EXERCISE IN POSTURE AND QUALITY OF LIFE IN HYPERKYPHOTIC ELDERLY**  
Marianna Katsoulaki, Panagiota Gkleka, Anna Rakiplari  
*PhysioDRASIS, Physio & Rehab Clinic, Rafina, Greece*
- P 02 ASSESSMENT OF PRESSURE PAIN TREFOLD IN PATIENTS WITH ADOLESCENT IDIOPATHIC SCOLIOSIS**  
Anna Badowska, Bożena Ostrowska, Elżbieta Piątek-Krzywicka  
*Faculty of Physiotherapy, University School of Physical Education in Wrocław, ul. Paderewskiego 35, 51-612, Wrocław, Poland*
- P 03 RADIOLOGICAL INVESTIGATION OF SCOLIOTIC YOUNG AGE WOMEN PATIENTS IN ORDER TO TREAT SCOLIOTIC CHRONIC SPINE PAIN**  
Nikolaos Syrmos<sup>1</sup>, Georgios Gavridakis<sup>2</sup>  
<sup>1</sup>*Aristotle University of Thessaloniki-Greece*  
<sup>2</sup>*Venizeleio General Hospital of Heraklion-Greece*
- P 04 RADIOLOGICAL INVESTIGATION OF SCOLIOTIC MIDDLE AGE MALE PATIENTS IN ORDER TO TREAT SCOLIOTIC THORACIC AND LUMBAR PAIN**  
Nikolaos Syrmos<sup>1</sup>, Georgios Gavridakis<sup>2</sup>  
<sup>1</sup>*Aristotle University of Thessaloniki-Greece*  
<sup>2</sup>*Venizeleio General Hospital of Heraklion-Greece*
- P 05 RADIOLOGICAL INVESTIGATION OF SCOLIOTIC GOLDEN AGE MALE PATIENTS IN ORDER TO TREAT SCOLIOTIC LUMBAR PAIN**  
Nikolaos Syrmos<sup>1</sup>, Georgios Gavridakis<sup>2</sup>  
<sup>1</sup>*Aristotle University of Thessaloniki-Greece*  
<sup>2</sup>*Venizeleio General Hospital of Heraklion-Greece*
- P 06 PELVIC OBLIQUITY AND NEUROMUSCULAR SCOLIOSIS IN PATIENTS WITH CEREBRAL PALSY. A NARRATIVE REVIEW**  
Eleni Nomikou, Alexandros Kastrinis, Foteini Zografou, Maria Tsekoura  
*The House, Rehabilitation centre for children, Greece*
- P 07 THE EFFECT OF SCOLIOSIS ON DIAPHRAGMATIC FUNCTION**  
Afrodite Evangelodimou, Emmanouil Skordilis  
*National and Kapodistrian University of Athens, Greece*
- P 08 COMPARISON OF POSTURAL CONTROL IN GIRLS WITH ADOLESCENT IDIOPATHIC SCOLIOSIS AND THEIR HEALTHY PEERS**  
PhD Elżbieta Piątek-Krzywicka, PhD Dorota Borzucka, Prof Michał Kuczyński  
*Faculty of Physiotherapy, University School of Physical Education in Wrocław, Wrocław, Poland*

## e-Posters

**P 09 THE EFFECTIVENES OF PHYSIOTHERAPEUTIC SCOLIOSIS SPECIFIC EXERCISES (PSSE) IN ADOLESCENCE IDIOPATHIC SCOLIOSIS (AIS). A SINGLE – CASE CLINICAL STUDY.**

Pavlos Michalopoulos<sup>1,2</sup>, Effrosyni Kariampa<sup>1</sup>, Charalampos Matzaroglou<sup>1</sup>, Evdokia Billis<sup>1</sup>

<sup>1</sup>Department of Physiotherapy, School of Health Rehabilitation Sciences, University of Patras

<sup>2</sup>Physiotherapy practice Nea Smyrni, El. Venizelou 113, Athens, Greece, PO 17123

**P 10 SCOLIOSIS IMAGING**

Nikoleta Gkatzia<sup>1</sup>, Maria Dousi<sup>2</sup>, Vassilios Syrgiamiotis<sup>2</sup>

<sup>1</sup>General Oncological Hospital of Kifissia "Agioi Anargiroi", Athens, Greece

<sup>2</sup>University of West Attica, Athens, Greece

**P 11 THE EFFECTS OF EXERCISE IN OLDER ADULTS WITH HYPERKYPHOSIS: A SCOPING REVIEW**

Maria Tsekoura, Maria Eleni Roukounaki, Marios Chrysanthos Mentis, Foteini Ntatsio, Konstantinos Fousekis, Elias Tsepis, Evdokia Billis

Department of Physiotherapy, School of Health Rehabilitation Science, University of Patras, Rio, Greece

**P 12 TWO – DIMENTIONAL DIGITAL PHOTOGRAPHY SPECIFICATIONS FOR SCOLIOSIS EVALUATION USING AN INNOVATIVE MOBILE APPLICATION**

Efstathios Sidiropoulos, Anastasios Fotakis, Theodoros Vagenas, Theodoros Oikonomopoulos, George Matsopoulos, Efstathios Kenanidis, Michael Potoupnis, Eleftherios Tsiridis, Panagiotis Bamidis

Anaptixiaki Meletitiki Voriou Ellados, School of Medicine Aristotle University of Thessaloniki

**P 13 IMPROVEMENT OF THRORACOLUMBAR SCOLIOSIS WITH PSSE AND BRACING**

Dimitrios Paschos

Paschos Physio Center, Thessaloniki, Greece

**P 14 ARE THERE ANY RELATIONSHIPS BETWEEN PARASPINAL MUSCLE CHARACTERISTICS AND SPINAL CURVATURE IN CONSERVATIVELY TREATED CHILDREN WITH ADOLESCENT IDIOPATHIC SCOLIOSIS? A SYSTEMATIC REVIEW STUDY**

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## Speakers - Moderators

**Paraskevi Bilika**, MSc, PhD Candidate, Clinical Exercise Physiology and Rehabilitation Research Laboratory, Physiotherapy Department, School of Health Sciences, University of Thessaly, Greece

**Nachiappan Chockalingam**, Director, Centre for Biomechanics and Rehabilitation Technologies, Staffordshire University, England

**Dariusz Czaprowski**, PhD, PT, Associate Professor, Head of the Center of Body Posture Department of Health Sciences, Olsztyn University, Poland

**Jean Claude de mauroy**, Independent Researcher, Lecturer University Lyon 1, France

**Sabrina Donzelli**, Specialist in Physical and Rehabilitation Medicine, ISICO - Italian Scientific Spine Institute, Italy

**Sebastian Graichen**, OT, Sanomed GmbH, Bad Sobernheim, Germany

**Theodoros Grivas**, MD, PhD, Founder of the SOSORT, Former Head of the Orthopaedic and Traumatology Department of the "Tzaneio" General Hospital of Piraeus, Greece

**Axel Hennes**, PT, ISST-Schroth Senior Instructor, Sanomed GmbH, Bad Sobernheim, Germany

**Christian Hülstrunk**, Senior physician, Specialist in paediatric and adolescent medicine, paediatric intensive care, Health Care Management, Asklepios Katharina-Schroth-Klinik, Bad Sobernheim, Germany

**Nikola Jevtic**, MSc, ISST – International Schroth Instructor, Director, Scolio Centar, Serbia

**Eleni Kapreli**, MSc, PhD. Professor, Physiotherapy Department, School of Health Sciences, University of Thessaly Director of Clinical Exercise Physiology and Rehabilitation Research Laboratory Director of MSc Advanced Physiotherapy, Greece

**Nikos Karavidas**, MSc, PT, Physiotherapist, Schroth Scoliosis & Spine Clinic, Athens, Greece

**Alexandros Kastrinis**, PhD Candidate, MSc, PT, Athens Scoliosis, Moschato, Health and Quality of Life Assessment Research Laboratory, Physiotherapy Department, University of Thessaly, Greece

**Giorgos Kelalis**, Orthopaedic Surgeon, Head of Orthopedics Department, Euroclinic of Athens, Greece

**Marek Kluszczynski**, Pediatrician, specialist in medical rehabilitation, Poland

**Eleni Kortianou**, President of Physical Therapy Department, University of Thessaly, Greece

## Speakers - Moderators

**Giorgos Koumantakis**, Assistant Professor, Director of Laboratory of Advanced Physiotherapy, Physical Therapy Department, School of Health & Care Sciences, University of West Attica, Greece

**Julian Leong**, Consultant Spinal Surgeon, Royal National Orthopaedic Hospital, Honorary Associate Professor, UCL, England

**Petros Lymperidis**, President Panhellenic Physical Therapists' Association, Greece

**Bogusława Łysakowska-Będek**, Physiotherapist, Poland

**Andrzej M'hango**, Co-author and Senior Instructor of FITS Method (Functional Individual Therapy of Scoliosis), Disciplinary Judge in the Polish Chamber of Physiotherapists, Poland

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**Konstantinos Starantzis**, MD, PhD, Consultant Spine Surgeon, Director of Deformity & Complex Spine Surgery, Athens' Medical Centre, Greece

**Evangelos Theodosopoulos**, MSc, PT, Athens Scoliosis, Moschato, Greece

**Maria Tsekoura**, PT, MSc, PhD, Physiotherapy Department, School of Health Rehabilitation Sciences, University of Patras, Greece





THINKBODY is the professional spinal care center in Seoul, Korea, established in 2019.

THINKBODY offers scoliosis and backpain solutions based on extensive and continuous research. THINKBODY's methods are easy to understand and apply in your life. THINKBODY works with clients all over the world helping them to understand their scoliosis, reduce pain, build strength and improve their quality of life.



### **Nanyeong Ji, owner and founder of THINKBODY about her story:**

I was diagnosed with scoliosis when I was a teenager and my spine curvature was 38 degrees. I was suffering from backpain, indigestion due to the pressure of my spine and low self-confidence. My doctor found that a surgery or brace would be the only possible treatment. At that time, I was a passionate dancer and I worried the risks of a surgery that might impact my health, so I declined.

As my scoliosis got worse in my 20s, I decided to start intensive exercise to fight my scoliosis. For 18 month, I exercised 3 hours per day, 3-4 times per week with a therapist and by myself. During this period I researched as much as possible and invented new exercise techniques.

The process was really hard but I had a motivation for my life, so I could overcome.



### **My curvature was improved from 38 to 11 degrees.**

Overwhelmed with joy by my own success as a patient, I felt responsible to help other people suffering from scoliosis and founded THINKBODY . Since 2019, THINKBODY teaches my unique method, exercises and mental training, to help and treat patients with scoliosis all over the world. Scoliosis is not a simple spinal deformity. Also the treatment exercise is really hard. The result you get end of process will be very powerful and you will go back to your daily life having the tools to manage your scoliosis. New life requires new attitude, tools & skills to get better.



I wish to give you all the HOPE and POSITIVE MIND all over the world.

### Contact



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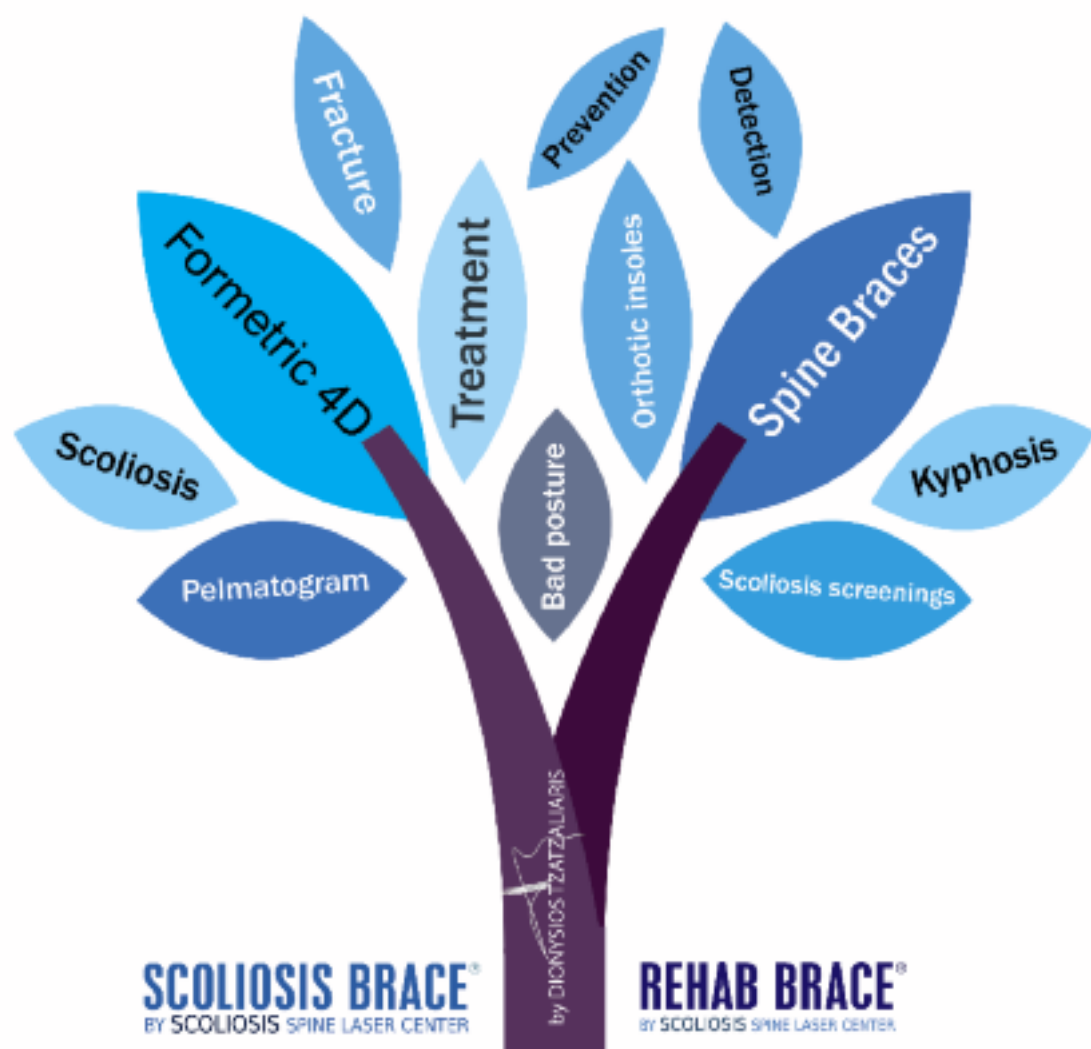
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