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## New Developments in Scoliosis Conservative Treatment: Their Basis and Results

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### Message from the Guest Editors

Dear Colleagues,

Scoliosis is a three-dimensional deformity of the spine and trunk. Despite a well-documented genetic predisposition, factors occurring in its development remain obscure, and experts consider it a multifactorial pathology. This leads to the current impossibility of any etiological treatment, making it mandatory to act on its consequences, which means trying to correct the deformity itself. High-quality studies have expressed doubts about the possibility of bracing to change the natural history in mild scoliosis patients, and some evidence has recently shown that even for surgical curves there is a chance to reduce the need for a surgical approach when patients are committed to high-quality conservative treatment. Evidence is also showing a clear role for exercise in reducing the progression of scoliosis and improving quality of life, conducted as isolated treatment or as coadjutant treatment.

We would like to organize this Special Issue around a series of studies of different designs mainly (but not only) on these new tools for the treatment of idiopathic scoliosis.



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# Special Issue