

ALESSANDRA NEGRINI



INFORMAZIONI PERSONALI

Nome	NEGRINI ALESSANDRA
Residenza	
Stato civile	
E-mail	alessandra.negrini@isico.it
Nazionalità	Italiana
Data di nascita	

Conoscenza delle lingue straniere

Inglese	Parlato e scritto; livello: ottimo
Francese	Parlato e scritto; livello: buono

ESPERIENZA LAVORATIVA

Dal 1998 ad oggi	Membro della Segreteria Scientifica dell'Associazione Gruppo di Studio della Scoliosi e delle patologie vertebrali (GSS)
Dal 2002 ad oggi	Direttore Tecnico ISICO – Istituto Scientifico Italiano Colonna Vertebrale – Ambulatorio di Vigevano (PV)
Dal 2010 ad oggi	Membro SOSORT
Dal 2011 ad oggi	Docente in Corsi didattici nazionali ed internazionali SEAS per medici e fisioterapisti
Attuale	Relatrice in numerosi convegni nazionali ed internazionali
2025-2026	Co-chair del Comitato Scientifico SOSORT

ISTRUZIONE E FORMAZIONE

23 febbraio 1987	Diploma di Terapista della Riabilitazione – Università degli Studi di Pavia
13 maggio 2005	Laurea in Fisioterapia – Università degli Studi di Pavia
2016	PPCR Principles and Practice of Clinical and Research Course 2016 – Harvard University – Voto finale 93/100
	Certificata in McKenzie, Souchard, Cyriax, concetto Mulligan

RICONOSCIMENTI

2019	Vincitrice del SOSORT Award: "Impact of sports activity on full-time braced patients: an observational study on 785 Risser 0-2 adolescents with idiopathic scoliosis"
2025	Co-autrice studio vincitore SOSORT Award. The "Idiopathic Scoliosis Graphical Representation of Worsening Trend of Natural History" (IS-GROWTH) communication tool provides a reliable prediction useful to manage long-term treatment during growth.

**Pubblicazioni su riviste
internazionali indicizzate**

- 1- Rossi Raccagni S, Negrini A, Negrini F, Fregna G, Negrini S. An effective active self-correction in standing without external aids is possible in adolescents with idiopathic scoliosis: a cross-sectional study. *Eur Spine J*. 2026 Mar 9. doi: 10.1007/s00586-026-09784-6. Epub ahead of print. PMID: 41801401.
- 2- Navarro IJRL, Jacob L, Masetto K, Dulio F, Negrini A, Negrini S, Zaina F, Negrini A. Validation and Reproducibility of an App for Continuous Measurement as an Assessment Tool for Idiopathic Scoliosis. *Sensors (Basel)*. 2026 Mar 27;26(7):2099. doi: 10.3390/s26072099. PMID: 41977884.
- 3- Negrini S, Negrini F, Febbo F, Jurenaite G, Pulici C, Zaina F, Negrini A. The "Idiopathic Scoliosis Graphical Representation of Worsening Trend of Natural History" (IS-GROWTH) communication tool provides a reliable prediction useful to manage long-term treatment during growth. 2025 SOSORT award winner. *Eur Spine J*. 2026 Jan;35(1):3-13. doi: 10.1007/s00586-025-09173-5. Epub 2025 Aug 23. PMID: 40848158.
- 4- Negrini S, Negrini F, Bassani T, Febbo F, Jurenaite G, Negrini A, Pulici C, Zaina F. Wearing a brace for idiopathic scoliosis above 18 hrs/day shows a dose-response effect on the outcomes improvement and end-of-treatment Cobb angle below 30 degrees. *Eur Spine J*. 2025 Nov;34(11):5232-5240. doi: 10.1007/s00586-025-09124-0. Epub 2025 Aug 12. PMID: 40789981.
- 5- Bassani T, Negrini A, Rampi M, Parzini M, Negrini S. Association between trunk aesthetics and underlying scoliosis severity and curve type in adolescents: evaluation of traditional clinical scores and novel automated indices from rasterstereographic imaging. *Eur J Phys Rehabil Med*. 2025 Jun
- 6- Negrini S, Negrini F, Bassani T, Febbo F, Jurenaite G, Negrini A, Pulici C, Zaina F. Wearing a brace for idiopathic scoliosis above 18 hrs/day shows a dose-response effect on the outcomes improvement and end-of-treatment Cobb angle below 30 degrees. *Eur Spine J*. 2025 Nov
- 7- Negrini A, Donzelli S, Rebagliati G, Fregna G, Romano M, Zaina F, Negrini S. Geographic, personal and clinical determinants of brace-wearing time in adolescents with idiopathic scoliosis. *Eur Spine J*. 2025 Jul
- 8- Fregna G, Rossi Raccagni S, Negrini A, Zaina F, Negrini S. Personal and Clinical Determinants of Brace-Wearing Time in Adolescents with Idiopathic Scoliosis. *Sensors (Basel)*. 2023 Dec.
- 9- Negrini A, Donzelli S, Vanossi M, Poggio M, Cordani C, Zaina F, Negrini S. Sports participation reduces the progression of idiopathic scoliosis and the need for bracing. An observational study of 511 adolescents with Risser 0-2 maturation stage. *Eur J Phys Rehabil Med*. 2023 Apr
- 10- Negrini A, Poggio M, Donzelli S, Vanossi M, Cordani C, Romano M, Negrini S. Sport improved medium-term results in a prospective cohort of 785 adolescents with idiopathic scoliosis braced full time. SOSORT 2018 award winner. *Eur Spine J*. 2022 Nov
- 11- Negrini A, Vanossi M, Donzelli S, Zaina F, Romano M, Negrini S. Spinal Coronal and Sagittal Balance in 584 Healthy Individuals During Growth: Normal Plumb Line Values and Their Correlation With Radiographic Measurements. *Physical Therapy Journal* 2019 Dec
- 12- Negrini A, Negrini MG, Donzelli S, Romano M, Zaina F, Negrini S. Scoliosis-Specific exercises can reduce the progression of severe curves in adult idiopathic scoliosis: a long-term cohort study. *Scoliosis*. 2015 Jul 11;10
- 13- Negrini A. , Atanasio S. , Negrini S. , Parzini S. , Romano M. , Zaina F. , Negrini MG. Adult scoliosis can be reduced through specific SEAS exercises: a case report. *Scoliosis* 3:20 2008
- 14- Negrini A, Donzelli S, Maserati L, Zaina F, Villafañe JH, Negrini S. Junctional kyphosis: how can we detect and monitor it during growth? *Scoliosis Spinal Disord*. 2016 Oct
- 15- Fregna G, Rossi Raccagni S, Negrini A, Zaina F, Negrini S. Personal and Clinical Determinants of Brace-Wearing Time in Adolescents with Idiopathic Scoliosis. *Sensors (Basel)*. 2023 Dec
- 16- Parent EC, Donzelli S, Yaskina M, Negrini A, Rebagliati G, Cordani C, Zaina F,

- Negrini S. Prediction of future curve angle using prior radiographs in previously untreated idiopathic scoliosis: natural history from age 6 to after the end of growth (SOSORT 2022 award winner). *Eur Spine J.* 2023 Jun
- 17- Negrini S, Yaskina M, Donzelli S, Negrini A, Rebagliati G, Cordani C, Zaina F, Parent EC. Puberty changes the natural history of idiopathic scoliosis: three prediction models for future radiographic curve severity from 1563 consecutive patients. *Eur Spine J.* 2024 Oct
 - 18- Romano M, Negrini A, Negrini S. Lessons learned in two months of exclusive application of telephysiotherapy instead of classical physiotherapy during the lockdown in Italy. *Spine Journal* 2021 Mar
 - 19- Negrini A, Donzelli S, Romano M, Zaina F, Negrini S. The active self-correction component of scoliosis-specific exercises has results in the long term, while the stabilization component is sufficient in the short term. *Prosthet Orthot Int.* 2020 Aug
 - 20- Negrini S, Donzelli S, Negrini A, Negrini A, Romano M, Zaina F. Feasibility and Acceptability of Telemedicine to Substitute Outpatient Rehabilitation Services in the COVID-19 Emergency in Italy: An Observational Everyday Clinical-Life Study. *Arch Phys Med Rehabil.* 2020 Nov
 - 21- Negrini S, Donzelli S, Negrini A, Parzini S, Romano M, Zaina F. Specific exercises reduce the need for bracing in adolescents with idiopathic scoliosis: A practical clinical trial. *Ann Phys Rehabil Med.* 2019 Mar
 - 22- Donzelli S, Zaina F, Martinez G, Di Felice F, Negrini A, Negrini S. Adolescents with idiopathic scoliosis and their parents have a positive attitude towards the Thermobrace monitor: results from a survey. *Scoliosis Spinal Disord.* 2017 Ap
 - 23- Romano M, Negrini A, Parzini S, Tavernaro M, Zaina F, Donzelli S, Negrini S. SEAS (Scientific Exercises Approach to Scoliosis): a modern and effective evidence based approach to physiotherapeutic specific scoliosis exercises. *Scoliosis.* 2015 Feb
 - 24- Zaina F, Donzelli S, Negrini A, Romano M, Negrini S. SpineCor, exercise and SPoRT rigid brace: what is the best for Adolescent Idiopathic Scoliosis? Short term results from 2 retrospective studies. *Stud Health Technol Inform.* 2012
 - 25- Zaina F, Negrini S, Atanasio S, Fusco C, Romano M, Negrini A. Specific exercises performed in the period of brace weaning can avoid loss of correction in Adolescent Idiopathic Scoliosis (AIS) patients: Winner of SOSORT's 2008 Award for Best Clinical Paper. *Scoliosis.* 2009 Apr
 - 26- Fusco C. , Atanasio S. , Negrini A. , Negrini S. , Romano M. , Zaina F Physical exercises in the treatment of adolescent idiopathic scoliosis:an updated systematic review. *Physiother Theory Pract.* 27(1) 80-114 2011
 - 27- Zaina F. , Atanasio S. , Fusco C. , Negrini A. , Negrini S. , Romano M. , Ferraro C Review of rehabilitation and orthopedic conservative approach to sagittal plane diseases during growth: hyperkyphosis, junctional kyphosis, and Scheuermann disease. *Eur J Phys Rehabil Med.* 45(4) 595-603 2009 Dec
 - 28- Negrini S. , Negrini A. , Parzini S. , Romano M. , Zaina F. Specific exercises reduce brace prescription in adolescent idiopathic scoliosis: a prospective controlled cohort study with worst-case analysis. *J Rehabil Med.* Jun;40(6):451-5. 2009
 - 29- Donzelli S, Zaina F, Negrini A, Romano M, Negrini S. Reply to: Clinical Evaluation of the Ability of a Proprietary Scoliosis Traction Chair to De-Rotate the Spine: 6-Month Results of Cobb Angle and Rotational Measurements. *Clin Pract.* 2014 Dec
 - 30- Negrini S. , Atanasio S. , Negrini A. , Parzini S. , Romano M. , Zaina F End-growth results of bracing and exercises for adolescent idiopathic scoliosis. Prospective worst-case analysis.. *Stud Health Technol Inform.* 135:395-408. 2008
 - 31- Romano M. , Negrini S. , Negrini A. , Paroli C. Scientific Exercises Approach to Scoliosis (SEAS): efficacy, efficiency and innovation. *Stud Health Technol Inform.* 135:191-207. 2008

- 32- Negrini S. , Negrini A. , Parzini S. , Romano M. End-growth final results of an effective conservative treatment: a retrospective case series. Scoliosis 2(S1):S6 12 October 2007
- 33- Negrini S, Negrini A, Romano M, Verzini N, Negrini A, Parzini S. A controlled prospective study on the efficacy of SEAS.02 exercises in preventing progression and bracing in mild idiopathic scoliosis. Stud Health Technol Inform. 2006;123:523-6.
- 34- Negrini S, Negrini A, Romano M, Verzini N, Negrini A, Parzini S. A controlled prospective study on the efficacy of SEAS.02 exercises in preparation to bracing for idiopathic scoliosis. Stud Health Technol Inform. 2006;123:519-22
- 35- Romano M. , Negrini S. , Negrini A. , Parzini S. , Zaina F. Does quality of exercises affect results in adolescent idiopathic scoliosis treatment to avoid braces? SEAS.02 results at two year. Scoliosis 2(S1):S8 12 October 2007

Capitoli di libri (7)

- 1- Efficacia della cinesiterapia SEAS.02 per scoliosi idiopatica minore: studio prospettico controllato a 2 anni. Negrini S. , Negrini Ant. , Negrini Ax. , Parzini S. , Romano M. , Verzini N. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2007
- 2- Risultati finali a fine crescita di un efficace trattamento conservativo della scoliosi idiopatica adolescenziale: una case series retrospettiva. Negrini S. , Negrini Ax. , Parzini S. , Romano M. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2007
- 3- Uno studio radiografico controllato in cieco sull'efficacia dell'autocorrezione attiva secondo il protocollo cinesiterapico SEAS.02. Negrini S. , Monticone M. , Negrini Ant. , Negrini Ax. , Parzini S. , Romano M. , Verzini N. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2006
- 4- 4- Efficacia del protocollo cinesiterapico SEAS.02 in preparazione al corsetto per scoliosi idiopatica: studio prospettico controllato. Negrini S. , Negrini Ant. , Negrini Ax. , Parzini S., Romano M. , Verzini N. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2006
- 5- Efficacia del protocollo cinesiterapico SEAS.02 per scoliosi idiopatica minore: studio prospettico controllato. Negrini S. , Negrini Ant. , Negrini Ax. , Parzini S. , Romano M. , Verzini N. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2006
- 6- Prescrizione e collaudo del corsetto secondo il concetto SpoRT (Symmetric Patient-oriented Rigid Three-dimensional active): Sforzesco e Chêneau-Sibilla. Negrini S. , Negrini Ax. , Parzini S. , Marchini G, Merola G. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2007
- 7- La rieducazione per il paziente affetto da esiti recenti di colpo di frusta. Negrini Ax., Negrini G. In: Monografia Gruppo di Studio della Scoliosi e delle patologie vertebrali 2004 69-87 2004

Vigevano, 31 marzo 2026

Alessandro Negrini