



Spine Surgeons Interviews “User Guide”

Disclaimer: *This guide is based upon my personal experience and interviews with medical professionals and should not be construed as medical advice. These video interviews are not an endorsement. Viewers should consult their physicians and treating team accordingly.*



Where to start? If you are new to scoliosis, start with the **Scoliosis Primer** below. It will get you up to speed quickly where you'll learn the basics.

Next, move to the next section where you can dive into the **Scoliosis Spine Surgeon Interviews**.

Here you can research whether tethering (VBT, ASC) is an option for your child or yourself. It makes sense to work your way through this resource depending where you are in terms of your particular scoliosis curve status....mild/moderate to severe curves and immature to mature spines.

Scoliosis Primer

This is a **Scoliosis Primer** from useful links I've come across and finally put in one place. Many are from Setting Scoliosis Straight (SRS) where you'll find many VBT surgeons including Dr. Samdani, Dr. Lonner, Dr. Newton, Dr. Miyanji, etc. Delighted that SRS actually asked and added my spine surgeon interviews to their channel. The ASK THE EXPERTS webinar is full of great info. Hope you find these helpful.

Setting Scoliosis Straight

- Ch.1 - What is scoliosis? <https://youtu.be/TJVttRZ9qU8>
- Ch.2 - How to detect scoliosis? <https://youtu.be/4blk8rrfJPw>
- Ch.3 - What is Scoliosis Bracing? https://youtu.be/_nLXf5jEn5k
- Ch.4 - What is Scoliosis Surgery? <https://youtu.be/JCDEc2uYwxA>
- Ch.5 - What to Expect Before and After Surgery. <https://youtu.be/3gKel6MwW98>
- Ch.6 - Life After Scoliosis Surgery and Future Pregnancy
<https://youtu.be/YHKTELBwreo>
- Scoliosis FAQ - Vertebral Body Tethering <https://youtu.be/RwtbCogaSLo>
- The difference between fusion surgery and non-fusion vertebral body tethering (VBT) - <https://youtu.be/OX1vhVSzMil> Kind regards

Anatomical models of fusion and VBT (Dr. Noelle Larson) <https://youtu.be/sJ1qrg1vS5o>

- Anatomical model of posterior fusion. 36:38
- Anatomical model of tethering. 37:31
- Anatomical model of Apifix. 38:28

SRS Webinar ASK THE EXPERTS (Dr. Samdani, Dr. Lonner, Dr. Newton, etc)

<https://youtu.be/KPObm6quWNU>

- The Role of Genetics – Common Misconceptions 10:25
- Predicting Curve Progression 16:44
- Bracing & Casting 28:38
- Fusion Surgical Correction 37:37
- Vertebral Body Tethering 47:51

Scoliosis Spine Surgeon Interviews

I suggest starting with a good overview of scoliosis with physiotherapist Andrea Lebel, move to bracing with Dr. Manuel Rigo (<https://youtu.be/Pv5mRNQI21E>), the creator of the Rigo Cheneau Brace and Luke Stikeleather (orthotist and 2019 President of SOSORT <https://youtu.be/DSBdNggWYkQ>). Next, review Dr. Per Trobisch's interview (<https://youtu.be/plmaCIJ1wKo>) to see which scoliosis curves are appropriate for tethering in immature and mature spines.

With that general scoliosis baseline of knowledge, work your way through the sections that are appropriate for your scoliosis status. Then, move to the particular surgeon interviews that are most pertinent to your circumstances.

Mild/Moderate Scoliosis (pre-growth spurt):

Physiotherapy:

- Check out this presentation by physiotherapist **Andrea Lebel** <https://youtu.be/DSBdNggWYkQ> for a very good overview on scoliosis and appropriate asymmetric exercises (Schroth, SEAS, fusion/non-fusion, etc). This is a terrific scoliosis starter resource.

Bracing:

- To get a better understanding of bracing, start with these 3 interviews with 2 orthotists and the renowned Dr. Manuel Rigo, the inventor of the Rigo Cheneau style brace.
 - **Dr. Manuel Rigo** <https://youtu.be/Pv5mRNQI21E>
 - **Luke Stikeleather** <https://youtu.be/DSBdNggWYkQ>
 - **Piotr Dumas** <https://youtu.be/6JTrptHDZ5s>
- Find the most experienced and skilled orthotist you can find because it makes a difference. Same for a physio and make sure most of their practice is scoliosis clients, not just one or two.
- Note the greatest predictor of brace effectiveness is compliance.

Moderate Scoliosis and Severe Scoliosis (pre-growth spurt):

Step 1:

- Start with Dr. Per Trobisch's interview (<https://youtu.be/plmaCIJ1wKo>) where he reviews which scoliosis cases are appropriate for VBT/ASC. This is another terrific resource which will save time.

For immature curves:

- If your child is Sanders 3,4,5 watch any surgeon because they should all be able to treat that level of maturity if within FDA, VBT parameters
- Note, for stiff curves (unable to side bend <30 degrees and Cobb angles greater than 60+, surgeons will have different parameters.

Severe Scoliosis (post-growth spurt):

For more mature adolescent curves:

- If your child is Sanders 5+ watch the following surgeons who will treat maturing adolescent scoliosis (lists are in no particular order):
 - Dr. John Braun <https://youtu.be/rzsv1fTmCtY>
 - Dr. Per Trobisch <https://youtu.be/plmaCIJ1wKo>
 - Dr. Baron Lonner <https://youtu.be/oHAONBIGOB4>
 - Dr. Darryl Antonacci (Drs ABC) <https://youtu.be/o6ljiya4fmE>
 - Dr. Randy Betz (Drs ABC) <https://youtu.be/L0oVV3aG93Q>
 - Dr. Juan C Rodriguez-Olaverri https://youtu.be/sZYwGi-_I_E
 - Dr. Ahmet Alanay <https://youtu.be/I3p3eGjLJxw>
 - Dr. Sajan Hegde <https://youtu.be/WhEuak4F4gw>

Adult Scoliosis:

- Dr. Per Trobisch <https://youtu.be/plmaCIJ1wKo>
- Dr. Baron Lonner <https://youtu.be/oHAONBIGOB4>
- Drs ABC
 - Dr. Antonacci <https://youtu.be/o6ljiya4fmE>
 - Dr. Betz <https://youtu.be/L0oVV3aG93Q>
 - Dr. Cuddihy <https://youtu.be/QuqMtbC77I>
- Dr. Juan C Rodriguez-Olaverri https://youtu.be/sZYwGi-_I_E
- Dr. John Braun <https://youtu.be/rzsv1fTmCtY>
- Dr. Sajan Hegde <https://youtu.be/WhEuak4F4gw>

For Scoliosis Nerds who are interested on Scoliosis research:

- Dr. Carl-Eric Aubin <https://youtu.be/xzK9qFMSA-E>
- Dr. Michelle Welborn https://youtu.be/GP_9Mw-8Mak
- Dr. Moyo Kruyt <https://youtu.be/d4uMy1SuRxU>

Spine Surgeons Listing in Order Published:

1. **Dr. Ahmet Alanay** – Spine surgeon, Professor of Orthopaedics and Traumatology Paediatric and Adult Spinal Disorders, Istanbul, Turkey <https://youtu.be/l3p3eGjLJxw>
2. **Dr. Bob Cho** – Spine surgeon, Chief of Staff, Shriners For Children Medical Center, San Diego, USA <https://youtu.be/mn9SGl68X48>
3. **Dr. Amer Samdani** – Neurosurgeon, Spine surgeon, Chief of Surgery, Shriners Hospital For Children, Philadelphia, USA <https://youtu.be/LyO3wmDWALA>
4. **Dr. Juan Carlos Rodriguez-Olaverri** – Spine surgeon, Director of Early Onset Scoliosis, NYU Langone Health, New York, USA https://youtu.be/sZYwGi-I_E
5. **Dr. Firoz Miyajni** – Spine surgeon, Department of Orthopaedics, Faculty of Medicine, University of British Columbia, BC Children's Hospital, Canada https://youtu.be/NslQGqoYZ_g
6. **Dr. Peter Newton** – Spine Surgeon, Chief of Orthopedic Surgery, Rady Children's Hospital, San Diego, USA <https://youtu.be/gkTzJHdUdzw>
7. **Dr. Laurel Blakemore** – Spine Surgeon, Pediatric Specialists of Virginia, USA https://youtu.be/lkvro_B7eXY
8. **Dr. Tony Herring** – Spine Surgeon, Chief of Staff Emeritus, Texas Scottish Rite Hospital, USA <https://youtu.be/SZqugjYl2xw>
9. **Dr. Baron Lonner** – Spine surgeon, Chief of Minimally Invasive Scoliosis Surgery, Mount Sinai Hospital, NYC, USA <https://youtu.be/oHAONBIGOB4>
10. **Dr. Randal Betz** – Institute for Spine and Scoliosis, New Jersey, USA <https://youtu.be/L0oVV3aG93Q>
11. **Dr. Jason Bernard** – Spine Surgeon, St. George's Hospital, London, UK https://youtu.be/RSB_3wG0l2w
12. **Dr. Kevin Smit** – Spine Surgeon, CHEO, Ottawa, Canada <https://youtu.be/qkmh2hlOaKQ>
13. **Dr. Yizhar Floman** – Spine Surgeon, ApiFix, Tel Aviv, Israel <https://youtu.be/bN8ZliRgLEQ>
14. **Dr. Moyo Kruijt** – Spine Surgeon, UMC Utrecht, Netherlands <https://youtu.be/d4uMy1SuRxU>
15. **Dr. Ron El-Hawary** – Spine Surgeon, Nova Scotia, Canada https://youtu.be/XpZr_4uhFk0
16. **Dr. Noelle Larson** – Spine Surgeon, Mayo Clinic, Minnesota, USA <https://youtu.be/sJ1qrg1vS5o>
17. **Dr. Per Trobisch** – Spine surgeon, Chefarzt Spine Center Simmerath & Frankfurt, Germany <https://youtu.be/plmaCIJ1wKo>
18. **Dr. Dr. Daniel Hoernschemeyer** - Missouri Orthopedic Institute & Women's & Children's Hospital, Columbia, Missouri, USA <https://youtu.be/0W-TJVDkaaw>
19. **Dr. Darryl Antonacci** – Spine Surgeon, Institute for Spine and Scoliosis, New Jersey, USA <https://youtu.be/o6ljiya4fmE>
20. **Dr. Laury Cuddihy** – Spine Surgeon, Institute for Spine and Scoliosis, New Jersey, USA <https://youtu.be/QuqMtbC77I>
21. **Dr. John Braun** – Spine Surgeon, Massachusetts General Hospital, Boston, USA <https://youtu.be/rzsv1fTmCtY>
22. **Dr. Ryan Goodwin** – Spine Surgeon, Cleveland Clinic, Cleveland, Ohio, USA https://youtu.be/148m_5YSZHs
23. **Dr. Michelle Welborn** – Spine Surgeon, Shriners Hospital for Children, Portland, USA https://youtu.be/GP_9Mw-8Mak
24. **Dr. Joshua Pahys** - Orthopedic Spine Surgeon, Shriners Hospital for Children, Philadelphia, USA <https://youtu.be/1WhMQ0UrPPw>

25. **Dr. Steven Hwang** - Neurosurgeon, Shriners Hospital for Children Philadelphia, USA
<https://youtu.be/1WhMQ0UrPPw>
26. **Dr. Sajan Hegde** - Spine surgeon, Apollo Hospitals, Chennai, India
<https://youtu.be/WhEuak4F4gw>
27. **Dr. Stephanie Da Paz** - Spine surgeon, Chefarzt Spine Center Simmerath, Germany
<https://youtu.be/ovmojVr1L5E>
28. **Dr. Rene Castelein** - Spine Surgeon, UMC Utrecht, Netherlands
<https://youtu.be/XPVICmM2-6I>

Orthotists:

1. **Dr. Manuel Rigo** – Rigo Cheneau Brace/Schroth, Barcelona, Spain
<https://youtu.be/Pv5mRNQI21E>
2. **Luke Stikeleather** – Orthotist/Bracing, National Scoliosis Centers, Virginia, USA
<https://youtu.be/DSBdNqgWYkQ>
3. **Piotr Duma** – Orthotist/Bracing, Shriners Hospital for Children, Montreal, Canada
<https://youtu.be/6JTptHDZ5s>

Physiotherapist:

1. **Andrea Lebel** – Physiotherapist specializing in scoliosis, Ottawa, Canada
<https://youtu.be/DSBdNqgWYkQ>

Scoliosis Research:

1. **Dr. Carl-Eric Aubin** – PhD, University of Montreal, Canada <https://youtu.be/xzK9qFMSA-E>
2. **Dr. Michelle Welborn** – Spine Surgeon, Shriners Hospital for Children, Portland, USA
https://youtu.be/GP_9Mw-8Mak
3. **Dr. Moyo Kruyt** – Spine Surgeon, UMC Utrecht, Netherlands
<https://youtu.be/d4uMy1SuRxU>

YouTube Playlists:

1. **Scoliosis Spine Surgeons Interviews**
<https://youtube.com/playlist?list=PLfyUArn76Mvg6Z4Tvt3L9xnM3ZPsrGV3J>
2. **Scoliosis Bracing and Orthotists**
https://youtube.com/playlist?list=PLfyUArn76MviAzFZIXu5Nm6_taLjFBV9t
3. **Scoliosis Researchers**
<https://youtube.com/playlist?list=PLfyUArn76Mvgb8lOT2VI9jvmkU8YedG1Z>
4. **Scoliosis Specific Physiotherapy Exercises**
<https://youtube.com/playlist?list=PLfyUArn76Mvi1yqoyEvJIEkMNf7OTG5eB>