

My SOSORT story – from a PT perspective –

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On behalf of myself and my fellow SBI/BSPTS instructors, I want to write this letter to all scoliosis physical therapists to encourage you to attend the SOSORT meeting in San Francisco this year...and attend future SOSORT meetings.

I attended my first SOSORT meeting in Boston in 2007. This was the first SOSORT meeting in North America and just the 3rd meeting since the society was founded. I had never attended an international conference before. I had just started my private practice a few years prior. I was less than 2 years into my Schroth education (C1 certified) and my scoliosis clinic. It was a big investment to go to this meeting – and to bring my (then) employee Amy Sbihli (now my fellow SBI instructor!). But it turned out to be one of the best professional decisions I have ever made.

Since then, I have attended SOSORT meetings and related scoliosis educational events in Lyon, Montreal, Wiesbaden, Rosenheim, Chicago, Banff, Barcelona, and Dubrovnik. This is no small investment for a small private practice therapist. But my return has been immeasurable and unimaginable.

My SBI team and I have gained so many insights about scoliosis clinically and professionally from the viewpoints of doctors, orthotists, therapists, psychotherapists, researchers, educators, and scientists, and patients.

- We have made wonderful friends.
- We have been challenged to think more scientifically in our practices.
- We have taken immediate “pearls of wisdom” back to our clinics to help our patients.
- We have improved our leadership skills.
- We have presented at meetings, coordinated pre-conferences, given poster presentations, and moderated sessions and panels.
- We became more entrenched in the wonderful community of fellow BSPTS clinicians and instructors.
- We felt frustrations and fear, but this was far outweighed with feelings of awe, humility, respect and joy.
- We have been challenged in ways we never would have otherwise been.
- We have learned to interact better with people from around the world from all disciplines of care.
- We benefited from networking with people that have helped us grow our businesses.
- We have gained confidence. And we have been grateful.

No matter your position – whether it be practice owner, manager, program leader, or clinician – every physical therapist will benefit from attending at least one SOSORT meeting. As PT's we are accustomed to attending continuing education that is hands-on treatment driven, taught by PTs. How often do we attend events where we are educated from other professionals about current research? A conference dedicated to serving patients with a disease of undetermined diagnosis and cure that empowers us to improve the lives of underserved people? This is your chance. I hope you will take it!