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Attending the ISSLS conference in Melbourne was a highly rewarding experience. The ISSLS conference is dedicated to the study of the lumbar spine and took place in Melbourne, Australia. Over the course of five days, the conference agenda was packed with informative presentations and engaging discussions. The event featured a diverse range of presentations, discussions, and workshops centered around key topics relevant to lumbar spine research. This was especially important as there are few things that should start being standardized in the field in order to make better comparisons in between studies and all be on the same page. This was very nice for me to see but also learn that this is a very challenging task.



One of the highlights of the conference was the chance to meet and connect with top researchers in the field. The event brought together lumbar spine specialists from various countries. Engaging in conversations with leading experts provided invaluable insights and opened doors for potential future collaborations. The conference served as a platform to get a glance at what the current 'hot topics' in the field are and grow new ideas together.

Additionally, to create a change of atmosphere and facilitate informal interactions, a small outing was organized to the local zoo.

I would like to express my gratitude to the BIOmed travel grant for providing financial support, which made attending the ISSLS conference in Melbourne possible. This opportunity has been immensely valuable for my research future, allowing me to enhance my knowledge and connect with leading researchers.

