Example letter of recommendation for applicant under the age of 40

Dear ISSLS Membership Committee

I wish to sponsor [NAME OF APPLICANT] in their application for membership of the International Society for the Study of the Lumbar Spine.

**[OPTIONAL: INSERT PERSONAL RECOMMENDATION HERE]**

[**NAME OF APPLICANT]** satisfies the minimum criteria for ISSLS membership, as indicated below, and has included all required documentation with this application.

Sponsorship by two members of ISSLS with attached letters of recommendation

An **up-to-date curriculum vitae** in English, indicating interest in the lumbar spine.

CV containing a list of all peer-reviewed publications and at least **three** spine-related published papers as lead author (3 most significant contributions are to be attached as PDF copies).

The applicant has been present at, and been presenting author of, a paper or poster in the scientific program of at least one of the following ISSLS Annual Meetings during the past four years:

**Spineweek 2023**

**Boston 2022**

**Virtual 2021**

**Melbourne 2020**

Yours sincerely

[Name of Sponsor]