

# Exercises for Adolescent Idiopathic Scoliosis (2012)

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## Overview of the study

### Objectives

- To evaluate the efficacy of scoliosis-specific exercises (SSE) for adolescent idiopathic scoliosis (AIS)

### Methods

- Evidence current up to 30 March 2011
- Population: Patients having AIS with at least a 10° Cobb angle, and between the ages of 10 years and the end of bone growth
- Interventions: all types of SSEs excluding sports, active recreational activities and generalized physiotherapy
- Outcomes measured
  - Primary outcomes: progression of scoliosis, cosmetic issues, quality of life, disability, back pain, psychological effects
  - Secondary outcomes: adverse effects

## Results & Conclusion

- Two studies (154 participants) included.

Treatment	Evidence	Quality of evidence
Exercises as an adjunctive to other conservative treatments	increase the efficacy of these treatments	Low
SSE structured within an exercise programme	can reduce brace prescription as compared to usual physiotherapy	Very low

⇒ SSEs added to other treatments may be more effective than electrical stimulation, traction and posture training for avoiding curve progression but better quality research is needed to recommend SSE in clinical practice.