

# Comparison of the Efficiency of Schroth Method and Virtual Reality Exercises in Individuals With AIS

NCT06416579

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University - Cerrahpasa
Enrollment	48 participants

## Key Eligibility Criteria

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### Inclusion (8)

- Having been diagnosed with Adolescent Idiopathic Scoliosis by an orthopedic specialist
- Being between the ages of 10 and 15
- Risser 0-3 stage
- The Cobb angle determined on the anteroposterior radiograph should be 10-30 degrees.
- Major curvature being lumbar curvature

... and 3 more (see full listing online)

### Exclusion (7)

- Using a brace
- Having received any scoliosis treatment or spine surgery within the last year
- The patient has any contraindications to exercise
- Presence of neuromuscular, orthopedic, rheumatic diseases or vestibular problems that may affect balance, vision-related diseases or mental problems.
- Another exercise or physical activity that may affect trunk muscle strength or balance

... and 2 more (see full listing online)

## Locations (1 total)

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Orem Kurt, Istanbul, Turkey (Türkiye)