

Scoliosis-Specific Exercises on Physical Fitness Parameters

NCT07249502

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istinye University
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (5)

- Diagnosis of Adolescent Idiopathic Scoliosis confirmed by an orthopedic specialist
- Cobb angle between 10° and 45° on standing anteroposterior radiograph
- Age between 10 and 19 years
- No prior history of scoliosis-specific exercise treatment
- Ability to participate regularly in the exercise program -Voluntary willingness to participate in the study -

Exclusion (6)

- Presence of mental, rheumatologic, neuromuscular, cardiovascular, or pulmonary disorders
- Pain or orthopedic conditions that prevent participation in exercise
- Visual and/or hearing impairments affecting communication or assessment
- History of spinal surgery, spinal tumor, or related interventions
- Any medical condition for which exercise is contraindicated
- ... and 1 more (see full listing online)

Locations (1 total)

Istinye University, Istanbul, Turkey (Türkiye)