The Effect of Three-Dimensional Exercises (Schroth Method) on Trunk Muscle Endurance, Sleep Quality, and Quality of Life in Adolescents With Hyperkyphosis

NCT07261358

Status	RECRUITING
Phase	Not Applicable
Sponsor	Gaziosmanpasa Research and Education Hospital
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (5)

- Adolescents between 12 and 18 years of age
- Presence of thoracic kyphosis with a T3-T12 Cobb angle e45° measured on a lateral thoracic radiograph
- Sufficient physical and cognitive ability to actively participate in the exercise protocol for at least 3 months
- Adequate communication and cognitive capacity to understand the educational materials provided
- Ability and willingness to regularly complete the exercise log throughout the study period

Exclusion (9)

- Scoliosis with a Cobb angle \>10° in the coronal plane
- Presence of structural spinal deformities such as vertebral fracture, spondylolisthesis
- History of previous spinal surgery
- Neuromuscular disorders that may affect the spine (e.g., cerebral palsy, muscular dystrophy)
- Structural or functional pathologies involving the spine, pelvic complex, or shoulder girdle

... and 4 more (see full listing online)

Locations (1 total)

Gazisomanpasa Training and Research Hospital, Istanbul, Turkey (Türkiye)