

The Musculoskeletal System During Puberty in Dancers With Scoliosis, and the Effect of an Exercise Program

NCT07379801

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Haifa
Enrollment	140 participants

Key Eligibility Criteria

Inclusion (5)

- Female dancers aged 11-16 years who dance at least three times per week and whose parents have provided informed consent.
- Dancers who have participated in at least three weekly hours of classical ballet during the year preceding the study and during the study year.
- A minimum of two years of experience in classical ballet training.
- Dancers without underlying medical conditions, not taking medications, and with no history of orthopedic surgery.
- dancers diagnosed during the study with mild to moderate scoliosis who are not under medical follow-up requiring active orthopedic or surgical treatment.

Exclusion (1)

- Dancers who are taking medications, are not in good health, have underlying medical conditions, or have undergone any orthopedic surgery.

Locations (1 total)

Haifa University, Department of PHysical Therapy, Haifa, Israel