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1 Impact of scoliosis-specific exercises on adolescents with idiopathic scoliosis



Sun, TT; Dong, XS; (...); Yu, JJ
Dec 18 2025 | BMC MUSCULOSKELETAL DISORDERS 26(1)

Background This meta-analysis aimed to assess the therapeutic efficacy and impact on health-related quality of life (QoL) of physiotherapeutic scoliosis-specific exercises (PSSE) in adolescent idiopathic scoliosis (AIS) patients based on randomized controlled trials (RCTs) and controlled clinical tri ... Show more

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2 The traditional Chinese medicine manipulation combined with Schroth exercises for adolescent idiopathic scoliosis: protocol for a randomized controlled trial



Tao, J; Li, HJ; (...); Feng, WQ
Dec 4 2025 | FRONTIERS IN PEDIATRICS 13

Enriched Cited References

Introduction Adolescent idiopathic scoliosis (AIS) is a three-dimensional spinal deformity that can impair posture, function, and quality of life. Schroth exercise, a physiotherapeutic scoliosis-specific exercise, has demonstrated benefits in reducing Cobb angle and improving patient-reported ... Show more

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3 Impact of Therapeutic Exercises Versus General Conservative Modalities and Brace on the Progression of Adolescent Idiopathic Scoliosis: Systematic Review and Meta-analysis



Andrade, RM; Ribeiro, AP; (...); Joao, SMA
Dec 2025 | ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION 106(12), pp.1874-1885

Objective: To compare the effects of therapeutic exercises in preventing Cobb angle progression in adolescent idiopathic scoliosis (AIS) compared with other conservative treatments. Data Sources: Systematic searches were conducted in MEDLINE via PubMed, Embase, centralized database (CENTR ... Show more

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4 Effect of exercise therapy on adolescent idiopathic scoliosis in mild to moderate: a systematic review and network meta-analysis



Zhu, HF; Li, CJ; (...); Zhang, Q
Nov 20 2025 | FRONTIERS IN MEDICINE 12

Objectives This study aimed to identify the most effective exercise for reducing the Cobb angle and the angle of trunk rotation (ATR) and improving the quality of life (QoL) in adolescents with idiopathic scoliosis (AIS). Methods A systematic search of EMBASE, Web of Science, PubMed, Cochrane Lii ... Show more

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5 The Effects of the Schroth Method on the Cobb Angle, Angle of Trunk Rotation, Pulmonary Function, and Health-Related Quality of Life in Adolescent Idiopathic Scoliosis: A Narrative Review



Jiménez-Jiménez, AB; Gámez-Centeno, E; (...); Mayordomo-Riera, FJ
Oct 20 2025 | HEALTHCARE 13(20)

Background/Objectives: Adolescent idiopathic scoliosis (AIS) is a three-dimensional deformity of the spine that can negatively impact on quality of life, pulmonary function, and body image. Its conservative management includes various interventions, among which the Schroth method ... Show more

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6 Effects of different physical therapy training protocols on patients with idiopathic scoliosis: Short-term results

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Open Access	▼	Background Idiopathic scoliosis (IS), a three-dimensional spinal deformity common in adolescents, can be treated with numerous approaches, including Schroth, Spiral stabilization (SPS), and core exercises, to improve spinal alignment and health. However, few studies have shown the sur ... Show more ▼	
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		Introduction Scoliosis-specific exercises require specialist supervision, frequent clinical visits, and high costs, limiting accessibility. Additionally, females with idiopathic scoliosis (IS) engage in less physical activity (PA) than sex- and age-matched peers, leading to poorer bone and muscle health. TI ... Show more ▼	
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- Background Adolescent idiopathic scoliosis (AIS) is a prevalent musculoskeletal condition affecting approximately 2-3% of the adolescent population. Although exercise-based therapeutic interventions are increasingly employed as non-surgical alternatives, their clinical and economic ... [Show more](#)  [Free Full Text from Publisher](#) ... [Related records](#)
-  14 **Prediction of post-Schroth Cobb angle changes in adolescent idiopathic scoliosis patients based on neural networks and surface electromyography**
-  Yin, SG; Chen, JA and Yan, P
May 14 2025 | FRONTIERS IN BIOENGINEERING AND BIOTECHNOLOGY  13
-  Enriched Cited References
- Introduction: To develop a temporal-convolutional-LSTM (TCN-LSTM) hybrid model integrating surface electromyography (sEMG) signals for forecasting post-Schroth Cobb angle progression in adolescent idiopathic scoliosis (AIS) patients, thereby offering accurate feedback for perso ... [Show more](#)  [Free Full Text from Publisher](#) ... [Related records](#)
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-  Fazalbhoy, A; McAviney, J and Mirenzi, R
Apr 24 2025 | JOURNAL OF CLINICAL MEDICINE  14(9)
- Background: Non-surgical management of adolescent idiopathic scoliosis (AIS) includes physiotherapeutic scoliosis-specific exercise (PSSE). Determining the efficacy of PSSE in AIS has been challenging as the clinical effect is closely linked to exercise compliance (a dose-response relationship), v ... [Show more](#)  [Free Full Text from Publisher](#) ... [Related records](#)
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-  Aktan-Ilgaz, D; Sahiner, H; (...); Guney-Deniz, H
Apr 2025 | PROSTHETICS AND ORTHOTICS INTERNATIONAL  49(2), pp.228-235
- The purpose of this study was to evaluate evidence on the effectiveness of combined bracing and exercise on adolescent idiopathic scoliosis (AIS). From inception to April 28, 2022, PubMed and Web of Science searched for randomized clinical and nonrandomized prospective studies reporting Cob ... [Show more](#)  [Full Text at Publisher](#) ... [Related records](#)
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- Kanner, CH; Rodriguez-Torres, R; (...); Montes, J
Apr 2025 | PEDIATRIC PHYSICAL THERAPY  37(2), pp.282-287
-  Enriched Cited References
- Purpose:The purpose of this study is to report on therapeutic scoliosis-specific exercises (PSSE) for a child with spinal muscular atrophy (SMA) who had spinal fusion.Methods:PSSE were recommended after scoliosis was diagnosed and exercises focused on posture and improving strength preop ... [Show more](#)  [View full text](#) ... [Related records](#)
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-  Jiang, Y; Peng, H; (...); Yao, N
Mar 31 2025 | PEERJ  13
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- Background Exercise therapy represents a financially prudent and readily applicable intervention that has gained considerable traction in the treatment of adolescent idiopathic scoliosis (AIS) in recent years. Nevertheless, a definitive agreement on the superiority of one method over an ... [Show more](#)  [Free Full Text from Publisher](#) ... [Related records](#)
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-  Ong, RYL; Vasu, DT; (...); Goh, JMZ
Mar 21 2025 | MEDICINE  104(12)
-  Enriched Cited References
- Background: Adolescent idiopathic scoliosis (AIS) is a common spinal deformity that leads to impaired lumbopelvic stability, gait dysfunction, and associated pain and psychological distress. This study evaluates the effectiveness of dynamic neuromuscular stabilization (DNS) in improving l ... [Show more](#)  [Free Full Text from Publisher](#) ... [Related records](#)

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Treatment of Adolescent Idiopathic Scoliosis with the Conservative Schroth Method: A Randomized Controlled Trial

Dimitrijevic, V; Raskovic, B; (...); Obradovic, B

Mar 20 2025 | HEALTHCARE ▾ 13(6)

Enriched Cited References

Objective: The objective of this study was to determine the effectiveness of the conservative Schroth method in patients with adolescent idiopathic scoliosis. Methods: A total of 34 respondents, 24 male and 10 female, aged between 11 and 16 years, participated in the research. The study was a sir ... Show more ▾

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The efficacy of core stabilization exercise in mild and moderate adolescent idiopathic scoliosis: a systematic review and meta-analysis

Liu, XM; Wang, YY; (...); Wang, Q

Feb 28 2025 | JOURNAL OF ORTHOPAEDIC SURGERY AND RESEARCH ▾ 20(1)

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Digital Physiotherapeutic Scoliosis-Specific Exercises for Adolescent Idiopathic ScoliosisA Randomized Clinical Trial

Yuan, WS; Shi, WH; (...); Digital Care Study Grp

Feb 18 2025 | JAMA NETWORK OPEN ▾ 8(2)

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Importance The effectiveness of a training support program of individually tailored physiotherapeutic scoliosis-specific exercises (PSSEs) delivered via a digital care system is unclear. Objective To determine the effectiveness of a digital care program in which patients receive PSSE supervisi ... Show more ▾

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The effect of Schroth Therapy combined with spinal manipulation for the treatment of adolescent idiopathic scoliosis

Chen, H and Zhang, CN

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Systematic Review of Clinical Outcome Parameters of Conservative Treatment of Adolescent Idiopathic Scoliosis Patients

Çolak, TK; Durmus, BB; (...); Maeso, SL

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