

Call for Research Participants: Schroth Exercises for Scoliosis

Study Objectives:

To test the effect of 3 months of Schroth Exercises added to standard care, compared to standard care alone on:

- Pain, scoliosis curve severity, quality of life, disability, posture, and back muscle endurance

To help determine if Schroth exercise treatment is appropriate to implement routinely for adults with idiopathic scoliosis



Eligibility:

- Adults 18-55 years of age
- Diagnosed with idiopathic scoliosis
- Scoliosis curves 10-50°
- Living within 1 hr of Edmonton

What will you be asked to do?

- Physical exam and questionnaire every 3 months
- 5 supervised exercise visits in the first 2 weeks
- Weekly group exercise visits and daily home exercise for 3 months
 - Option to complete exercises via teleconference

Please contact adultsco@ualberta.ca or
780-248-2064 to learn more.