

The Effect of Corrective Exercises on Flexibility and Strength in Postural Scoliosis of Adolescent Girls

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Abstract

Objective: The aim of this study was to investigate the effect of corrective exercises on flexibility and strength in Postural Scoliosis of adolescent girls.

Materials & Methods: This quasi experimental research was applied as a clinical trial and had done on 40 girls with postural scoliosis those were selected by convenient sampling and assigned to control (n=20) and experimental (n=20) group by simple randomized method. The experimental group received corrective exercises for 30 days and the control group was given no intervention. Flexibility and strength was measured before and after 30 days in all subjects. Data were analyzed by use of Paired T and Independent T tests.

Results: There was statistically significant difference in Flexibility and Strength of experimental before and after intervention ($P<0.001$), but no significant difference between groups after intervention ($P=0.6$) was detected.

Conclusions: This study demonstrates that corrective exercises can lead to improvement of flexibility and strength in scoliosis girls.

Keywords: Scoliosis/ Corrective exercises / Flexibility/ Strength