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A controlled prospective study on the efficacy of SEAS.02 exercises in

1: Stud Health Technol Inform. 2006; 123: 519-22.

preparation to bracing for idiopathic scoliosis.

Negrini S, Negrini A, Romano M, Verzini N, Negrini A, Parzini S.

ISICO (Italian Scientific Spine Institute), Milan and Vigevano (PV) Italy.

The Lyon school has proposed a preparation to brace wearing through an intensive mobilization in order to obtain a better reduction of the braced scoliotic curve. Our aim was to verify this hypothesis. DESIGN: A prospective controlled study on consecutive patients having idiopathic scoliosis with brace management. OUTCOME: Results after 5 months of brace wearing were reviewed by radiographic examination without the brace. TREATMENT: SEAS Group exercises according to the protocol SEAS.02 (Scientific Exercises Approach to Scoliosis, version 2002); CONT Group various type of exercises. Population. 110 patients (34 females), 13.5+/-2.4 years, 31.1 degrees +/-11.1 degrees Cobb (degrees C), 14.4 degrees +/-6.0 degrees Bunnell (degrees B). All parameters improved at follow-up in both groups. SEAS had better results than CONT for degrees C. Clinical results (variations of at least 5 degrees C and 2 degrees B) were better in SEAS than CONT. This study proves the efficacy of SEAS.02 exercises preparatory for bracing. Bracing demonstrated its short term efficacy.

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