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# A controlled prospective study on the efficacy of SEAS.02 exercises in preparation to bracing for idiopathic scoliosis

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## Abstract

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),

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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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