primary studies - published RCT

Physical Exercise Recommendations Improve Postural Changes Found in Children and Adolescents with Cystic Fibrosis: A Randomized Controlled Trial.

Code: PM25596097 **Year:** 2015 **Date:** 2015 **Author:** Schindel CS

Study design (if review, criteria of inclusion for studies)

Randomized controlled clinical trial

Participants

patients with cystic fibrosis between age 7 and 20 years (n = 34)

Interventions

Patients were assigned to 2 groups: control and intervention. The intervention consisted of a handbook with instructions for aerobic exercise and stretching.

Outcome measures

Main outcomes were postural abnormalities, plantar pressure distribution, and lung function.

Main results

In phase I, 34 patients with CF and 34 healthy matched individuals were included. No significant baseline differences were identified. Children with CF presented more postural deviations compared with healthy subjects (P

Authors' conclusions

Children and adolescents with CF present postural changes when compared with healthy individuals. The educational guideline for exercise practice helped to improve posture, preventing the progression of some postural disorders.

http://dx.doi.org/10.1016/j.jpeds.2014.12.001

See also

J Pediatr. 2015 Jan 13

Keywords

Exercise; non pharmacological intervention - devices OR physiotherapy; Counseling; Psychoeducation; non pharmacological intervention - psyco-soc-edu-org; training;