



## El papel de la natación y las actividades acuáticas para la mejora de la escoliosis idiopática [

2017

text (article)

Analítica

**Introduction:** Idiopathic scoliosis is a lateral deviation of the spine, with rotation of the vertebral bodies, is of unknown origin. For many years swimming has been recommended for the improvement of this pathology, but there is really no clear scientific evidence. **Objectives:** The purpose of this review was to perform a synthesis of information to know how the exercise in the aquatic environment affects scoliosis. **Method:** A review of scientific articles, chapters and books on scoliosis in the PubMed and Google Scholar database has been carried out. **Results:** The results do not seem to be very clear, having several methodologies of study; Although a small improvement is shown. **Conclusions:** Despite the great controversy, it seems that the aquatic environment can be useful in improving the quality of life of people suffering from this pathology. It is necessary to separate the exercise prescription

**Introduction:** Idiopathic scoliosis is a lateral deviation of the spine, with rotation of the vertebral bodies, is of unknown origin. For many years swimming has been recommended for the improvement of this pathology, but there is really no clear scientific evidence. **Objectives:** The purpose of this review was to perform a synthesis of information to know how the exercise in the aquatic environment affects scoliosis. **Method:** A review of scientific articles, chapters and books on scoliosis in the PubMed and Google Scholar database has been carried out. **Results:** The results do not seem to be very clear, having several methodologies of study; Although a small improvement is shown. **Conclusions:** Despite the great controversy, it seems that the aquatic environment can be useful in improving the quality of life of people suffering from this pathology. It is necessary to separate the exercise prescription

**Introduction:** Idiopathic scoliosis is a lateral deviation of the spine, with rotation of the vertebral bodies, is of unknown origin. For many years swimming has been recommended for the improvement of this pathology, but there is really no clear scientific evidence. **Objectives:** The purpose of this review was to perform a synthesis of information to know how the exercise in the aquatic environment affects scoliosis. **Method:** A review of scientific articles, chapters and books on scoliosis in the PubMed and Google Scholar database has been carried out. **Results:** The results do not seem to be very clear, having several methodologies of study; Although a small improvement is shown. **Conclusions:** Despite the great controversy, it seems that the aquatic environment can be useful in improving the quality of life of people suffering from this pathology. It is necessary to separate the exercise prescription

**Título:** El papel de la natación y las actividades acuáticas para la mejora de la escoliosis idiopática electronic resource]

**Editorial:** 2017

**Tipo Audiovisual:** tratamiento mejora calidad de vida desviaciones columna actividades acuáticas espalda columna vertebral ejercicio prevención treatment quality of life improvement deviations column water activities back spine exercise prevention tratamento melhora a qualidade de vida desvios de coluna esportes aquáticos costas coluna vertebral exercício prevenção

**Documento fuente:** Revista de investigación en actividades acuáticas, ISSN 2530-805X, Vol. 1, Nº. 1, 2017, pags. 23-32

**Nota general:** application/pdf

**Restricciones de acceso:** Open access content. Open access content star

**Condiciones de uso y reproducción:** LICENCIA DE USO: Los documentos a texto completo incluidos en Dialnet son de acceso libre y propiedad de sus autores y/o editores. Por tanto, cualquier acto de reproducción, distribución, comunicación pública y/o transformación total o parcial requiere el consentimiento expreso y escrito de aquéllos. Cualquier enlace al texto completo de estos documentos deberá hacerse a través de la URL oficial de éstos en Dialnet. Más información: <https://dialnet.unirioja.es/info/derechosOAI> | INTELLECTUAL PROPERTY RIGHTS STATEMENT: Full text documents hosted by Dialnet are protected by copyright and/or related rights. This digital object is accessible without charge, but its use is subject to the licensing conditions set by its authors or editors. Unless expressly stated otherwise in the licensing conditions, you are free to linking, browsing, printing and making a copy for your own personal purposes. All other acts of reproduction and communication to the public are subject to the licensing conditions expressed by editors and authors and require consent from them. Any link to this document should be made using its official URL in Dialnet. More info: <https://dialnet.unirioja.es/info/derechosOAI>

**Lengua:** Spanish

**Enlace a fuente de información:** Revista de investigación en actividades acuáticas, ISSN 2530-805X, Vol. 1, Nº. 1, 2017, pags. 23-32

---

## Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)