Patient recruitment and baseline measurements

RCT (n = 135)

Intervention group 1 (n = 45)
- Adequate self-mediated physical activity daily >60 minutes daily

Intervention group 2 (n = 45)
- Scoliosis specific exercise + self-mediated physical activity >60 minutes daily

Intervention group 3 (n = 45)
- Visit to the orthotist, hyper-corrective brace used nightly + self-mediated physical activity >60 minutes daily

Non-randomised observation cohort of patients not willing to participate in RCT

Prospective follow-up every 6 months until skeletal maturity
Analysis of outcome measures and behavioral support focusing on intervention adherence

Treatment failure will be offered full-time TLSO bracing or surgery, if indicated