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Title: Time in brace: where are the limits and how can we improve compliance and reduce negative psychosocial impact in scoliosis patients? A retrospective analysis

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1 **Title page**

2 Time in Brace: Where are the limits and how can we improve compliance and reduce
3 negative psychosocial impact in scoliosis patients? A retrospective analysis

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19
20 **Abstract**

21 **Background**

22 Brace treatment for adolescent idiopathic scoliosis (AIS) is generally prescribed for 18 –
23 23 hours per day, but the minimal time of brace wear per day to stop progression of AIS
24 is still unclear. Compliance of AIS patients with brace treatment is reported to be
25 between 27% and 47% of the prescribed time, especially brace wear at school is often
26 described as embarrassing by the adolescent patients. It has been reported that a higher
27 rate of compliance leads to a significantly lower rate of curve progression. Theoretically,
28 prescribing brace treatment 16 instead of 23 hours per day (patients are allowed to
29 attend school free of their brace) could lead to a higher rate of compliance and
30 subsequently reduce progression rate of AIS patients.

31 **Purpose**

32 To investigate if brace treatment 16 hours per day is noninferior to >16 hours with
33 regard to curve progression and if other clinical and demographic factors that might

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