

Scoliosis Reduction Center[®] Case Study

Name: Bonnie H.
Type: Idiopathic
Age: Older Adult (45/55+)
Severity: Severe (40°/45° - 80°)

BY DR. TONY NALDA

Initial Evaluation:

During Bonnie's initial assessment at the Scoliosis Reduction Center®, her scoliosis was measured at 65.3 degrees, classifying it as severe. While her primary concern was her scoliosis, Bonnie also reported experiencing intermittent left leg sciatica since her 30s. Additionally, she was facing mid-back pain, swollen and painful joints in her toes, and hearing loss.

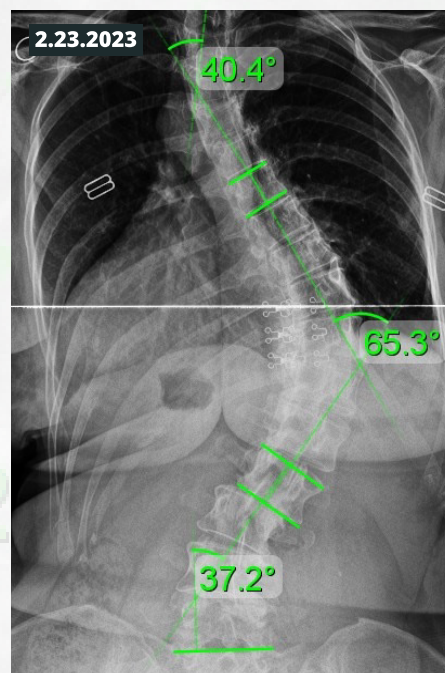
These issues significantly impacted her ability to perform everyday activities, including driving, using the computer for extended periods, completing household chores, lifting children, sitting, standing, yard work, walking, sweeping, vacuuming, and doing laundry.

Before Meeting Dr Tony:

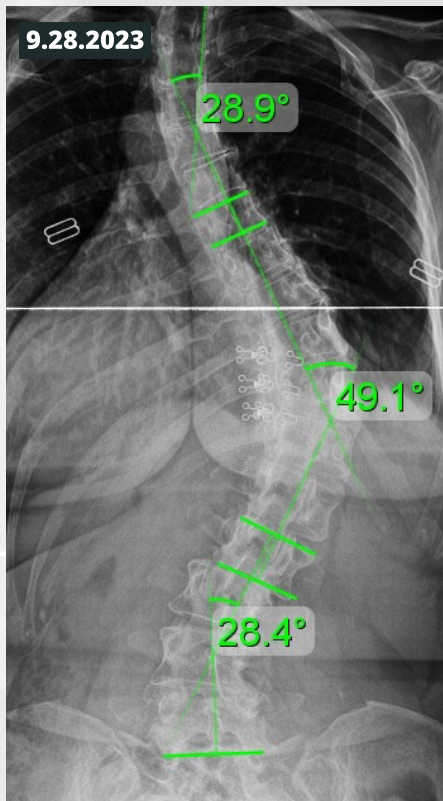
Bonnie was diagnosed with mild scoliosis in the 4th grade by her medical doctor, who recommended specific exercises to address her condition. Unfortunately, as time went on, her curvature increased. During 5th and 6th grade, she was fitted with a Milwaukee brace, followed by a Boston brace that she wore until she turned 18.

Most recently before seeking out the Scoliosis Reduction Center®, a physician assistant reviewed Bonnie's x-rays and suggested that she continue her exercise regimen to strengthen her back. He also mentioned that, if necessary, he could prescribe anti-inflammatory medications or cortisone injections.

Fortunately, Bonnie's husband is a Physical Therapist, allowing her to benefit from tailored exercises designed to support her back health.



Mid-Treatment



Challenging Aspects of this Particular Case:

Bonnie resides several states away from the Scoliosis Reduction Center®.

Treatment Modalities Used:

- ◆ **Standing Vibrating Traction** - Used to elongate the spine while standing on vibration. The vibration helps to amplify anything we do while on the traction. We can customize this traction using weights and exercises to target specific areas of the spine from the cervical to the lumbar.
- ◆ **Vibrating Traction** - Low tone vibration traction used to relax ligaments of the spine.
- ◆ **Flexion Distraction** - Provides traction to the lumbar spine, by added the straps we are able to create counter rotations and unbend the specific areas of the scoliosis.
- ◆ **Mechanical Drop Piece** - Low tone vibration to help mobilize the rib cage and reduce stiffness associated with scoliosis.
- ◆ **Scoliosis Traction Chair** - Targeted traction and derotation focusing on the thoracic and lumbar areas not possible with other types of traction while promoting relaxation and potential curve reduction.

Re-evaluation Checkpoints:

Ninety days after Bonnie's initial treatment, she provided essential updates to facilitate remote monitoring of her care. This included x-rays, posture photos, and a detailed description of her post-treatment progress. The assessment revealed Bonnie was maintaining her reduction she achieved during her treatment, with notable improvements in her posture and rib deformity.

Based on these positive results, Bonnie was advised to either continue with her current home care plan to sustain her improvements or to undergo an additional five-day treatment with brace modifications for further enhancement. Motivated to continue her progress, Bonnie chose the latter, resulting in further reduction in her scoliosis and decreased difficulty with her daily activities.

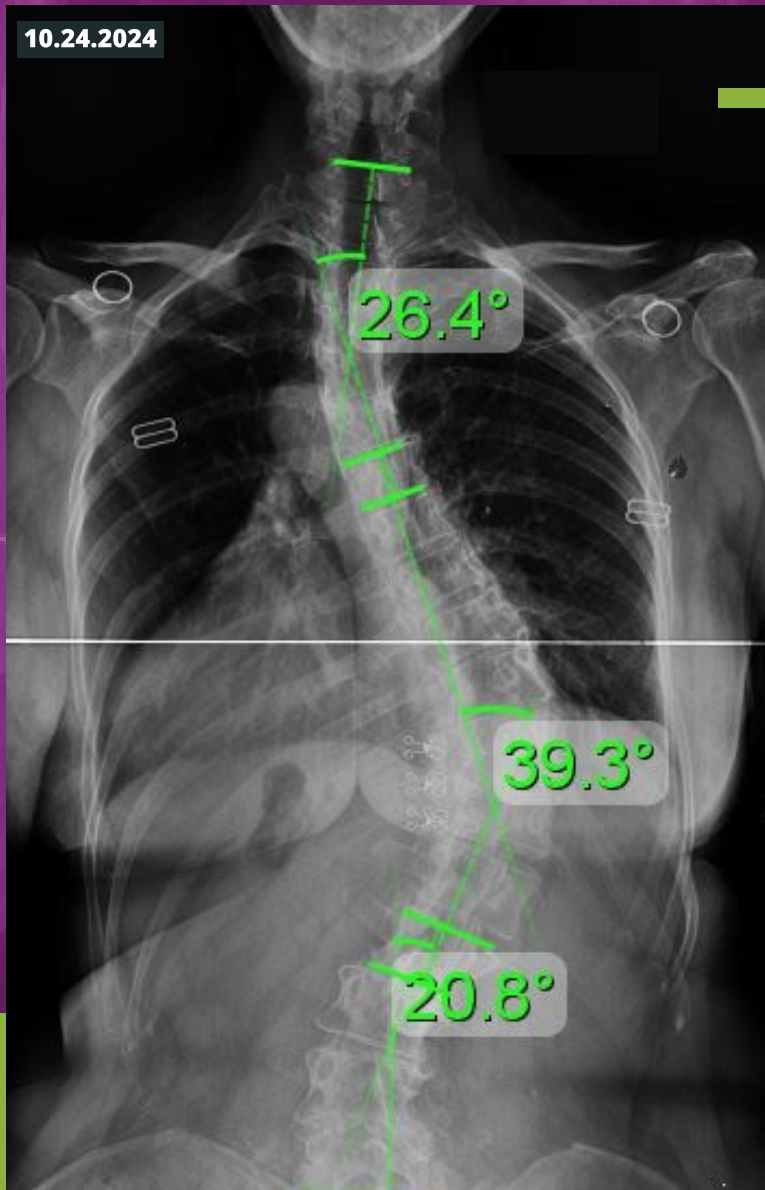
Four months later, Bonnie scheduled another five-day treatment and brace modifications. This session concluded with additional reductions in her curvature, decreased pain, and improved functionality in her daily life.

Eager to pursue further correction, Bonnie opted for another five-day treatment, this time with a new ScoliBrace. This decision led to further improvements and continued reduction of her scoliosis.

Passionate about her progress, Bonnie scheduled yet another five-day treatment and brace modifications three months later, resulting in an overall significant advancement that ultimately placed her in the mild scoliosis category.



Long-Term Results:



Bonnie's ongoing treatment journey at the Scoliosis Reduction Center® has produced impressive long-term outcomes. Through her commitment to a comprehensive treatment plan-comprising in-office therapy, corrective bracing, and individualized home care-Bonnie has successfully transitioned her scoliosis classification from severe to mild. Her inspiring progress underscores the effectiveness of dedication and perseverance in managing her scoliosis.

