

Scoliosis Reduction Center[®] Case Study

Name: Diana P

Type: Idiopathic

Age: Older Adult (45/55+)

Severity: Moderate (25° - 40° - 45°)

BY DR. TONY NALDA

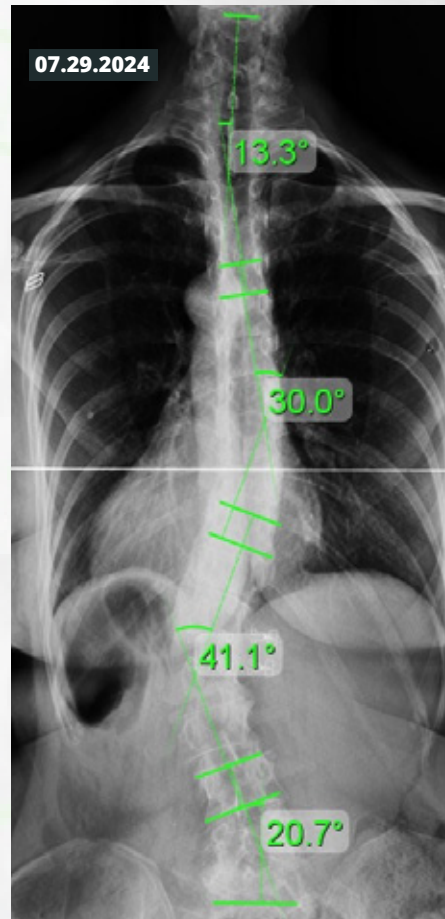
Initial Evaluation:

During Diane's initial assessment, her scoliosis was measured at 41.1 degrees, categorizing it as severe. At the time of her initial evaluation, she reported experiencing low back pain, as well as foot and knee problems, which, combined with osteoarthritis, impacted her ability to lift heavy weights.

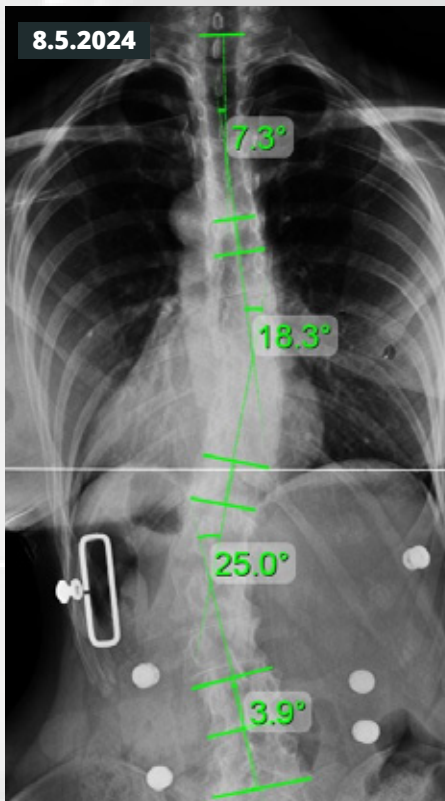
Before Meeting Dr Tony:

In 2010, Diane began experiencing mild arthritis in her lower back. By 2021, she noticed a slight increase in discomfort, prompting her to seek general chiropractic care. During this time, she was diagnosed with scoliosis, which was later confirmed by her general practitioner.

To manage her condition, Diane engaged in general chiropractic treatments and physical therapy. However, in 2024, she was experiencing mild discomfort and stiffness in the mornings, raising concerns about potential progression. Seeking further guidance, she consulted an orthopedic specialist, who presented options for surgery or pain management strategies.



Mid-Treatment



Challenging Aspects of this Particular Case:

Residing in a different state may affect her accessibility to in-office treatment.

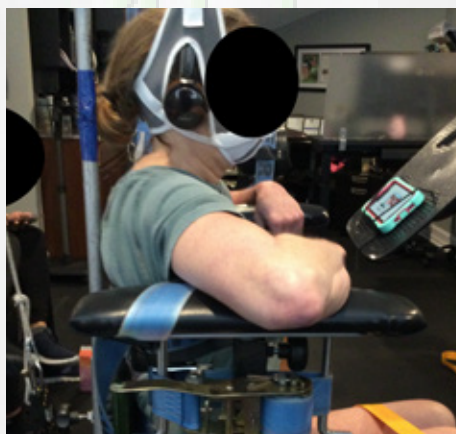
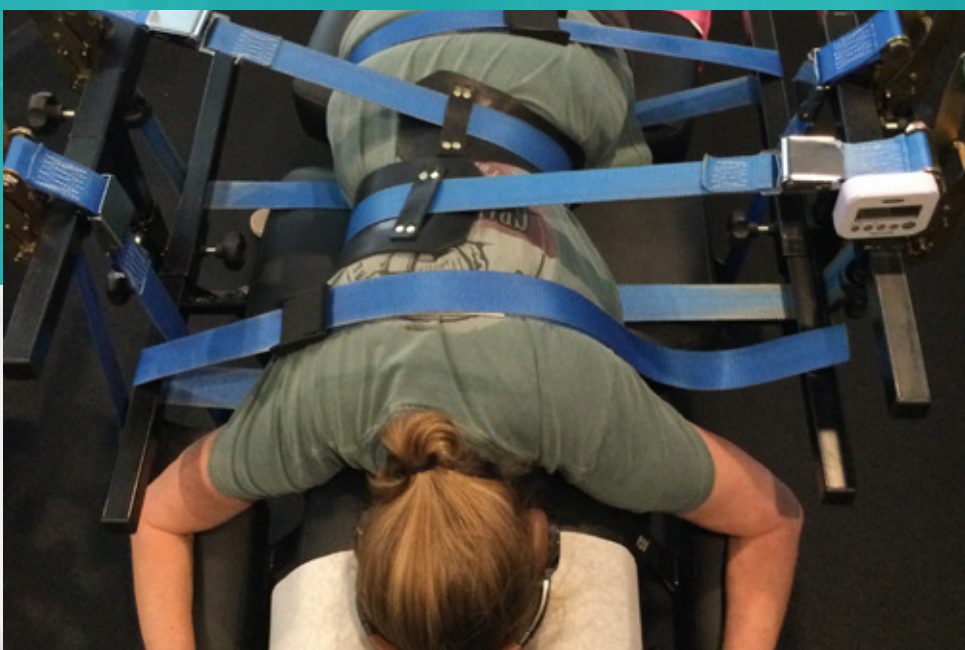
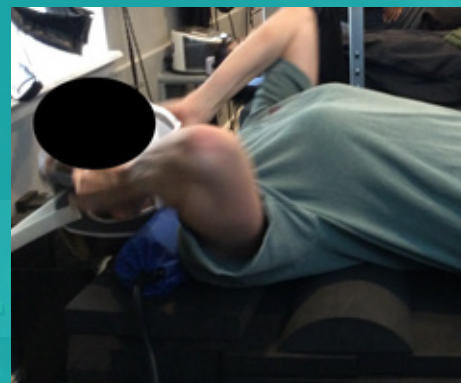
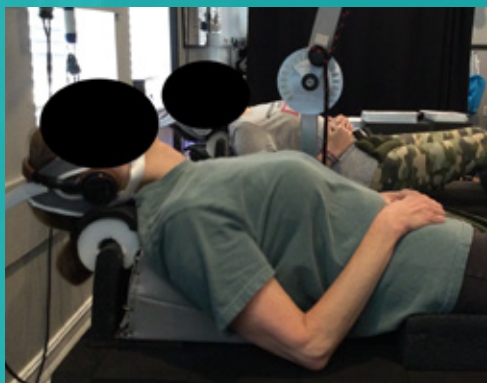
Treatment Modalities Used:

- ◆ **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.

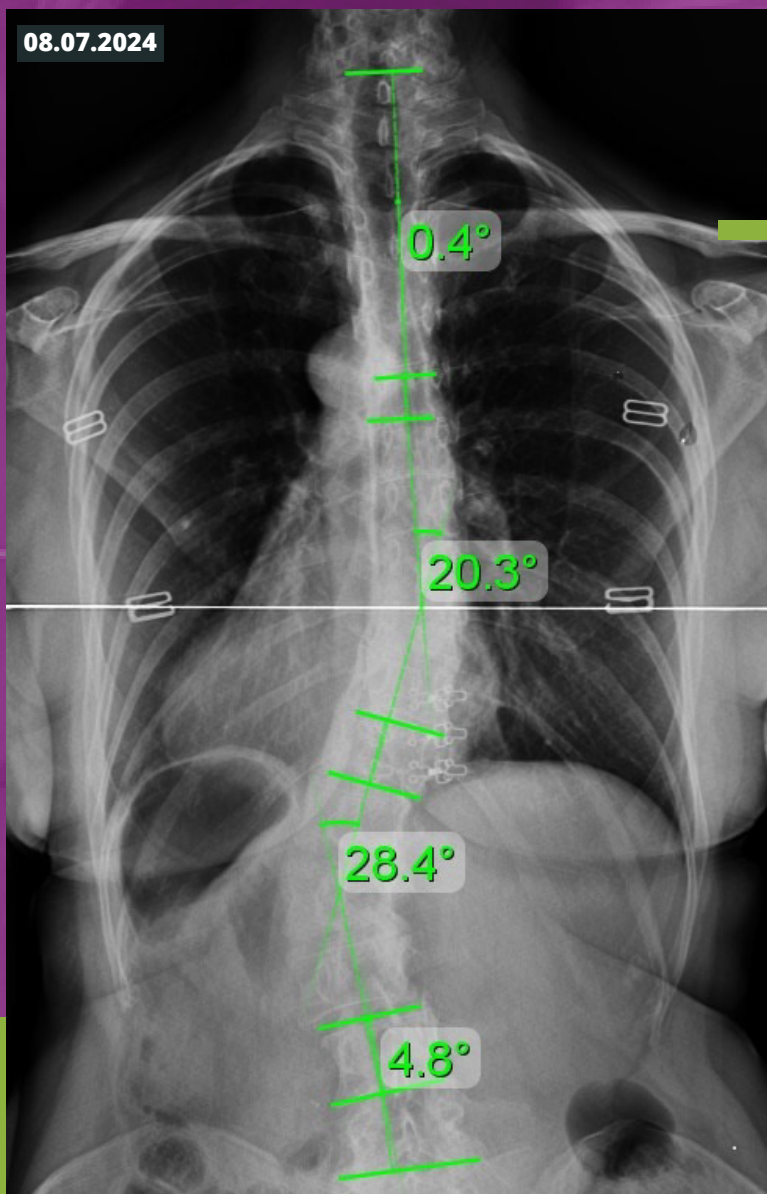
Re-evaluation Checkpoints:

Diane's post-treatment evaluation revealed a significant reduction in Diane's scoliosis, measuring 28.4 degrees after just 10 days, now classifying it as moderate.

Diane is currently in the process of submitting a local re-evaluation, which will include x-rays, posture photos, and a detailed description of her post-treatment progress. This information will help to continue monitoring her care and meet Diane's goals of returning to the office for further correction soon.



Long-Term Results:



Although Diane is in the early stages of her treatment journey, she is demonstrating remarkable dedication and determination to improve her quality of life and address her scoliosis.

