

Scoliosis Reduction Center[®] Case Study

Name: Joy H

Type: Idiopathic

Age: Adolescent

Severity: Moderate (25°-40°/45°)

BY DR. TONY NALDA

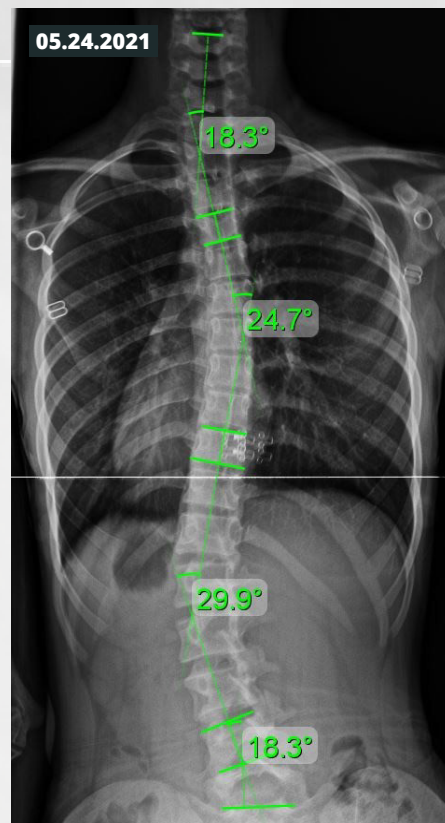
Before Meeting Dr. Tony:

Joy was initially diagnosed with a 30-degree scoliosis by her chiropractor. She began treatment with regular chiropractic visits, attending three times per week for eight weeks. During this period, she experienced improvements in her shoulder, neck, and hip alignment. Despite these positive changes, her orthopedic specialist recommended traditional bracing as the next step in her treatment. Seeking alternative options for scoliosis care, Joy and her family researched other treatment methods and discovered Dr. Tony and the Scoliosis Reduction Center®.

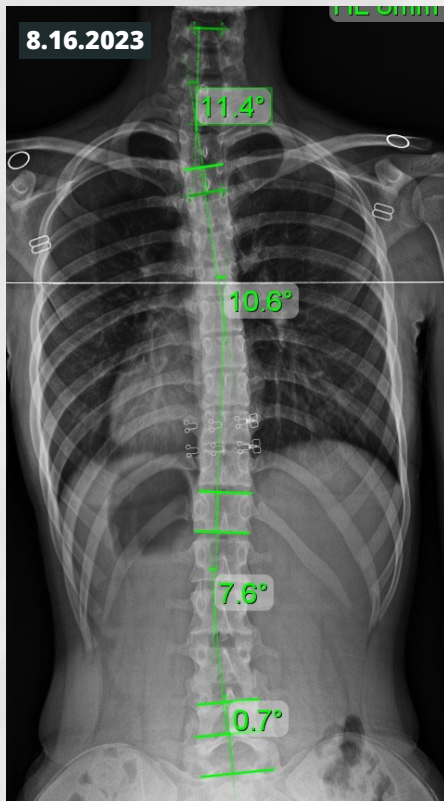
Initial Evaluation:

During Joy's initial evaluation at the Scoliosis Reduction Center®, her spinal curvature was measured at 29.9 degrees, classifying her scoliosis as moderate. In addition to the curvature, Joy reported experiencing chronic low back pain, while also noting that headaches and neck discomfort were issues she had experienced in the past. These symptoms significantly impacted her daily activities, including carrying groceries, using the computer for extended periods, performing household chores, lifting children, bathing, washing, sleeping, sitting, standing, and completing yard work.

After thoroughly discussing her treatment options with Dr. Tony, Joy and her family chose to proceed with a comprehensive plan that included in-office treatments, a custom ScoliBrace, and prescribed home isometric exercises to address her scoliosis and enhance her overall quality of life.



Mid-Treatment



Challenging Aspects of this Particular Case:

Joy's residence a couple of states away from the Scoliosis Reduction Center® posed a challenge, limiting her access to in-office treatments and regular reevaluations.

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:

Joy's initial post-treatment assessment showed significant improvement, with her scoliosis curve reduced to 17.7 degrees and a noticeable decrease in her low back discomfort.

Three months following her initial treatment, Joy provided an essential update for remote monitoring, including x-rays, posture photos, and a detailed description of her condition. With consistent home care compliance, her evaluation showed positive progress, with no loss of correction since her initial treatment. Based on these results, it was recommended that Joy proceed with a brace modification and a 5-day treatment session to further reduce her scoliosis. With the goal of further reducing her curvature and preventing surgery, Joy's family chose to proceed with this treatment, resulting in a reduction of her scoliosis to 11.5 degrees.

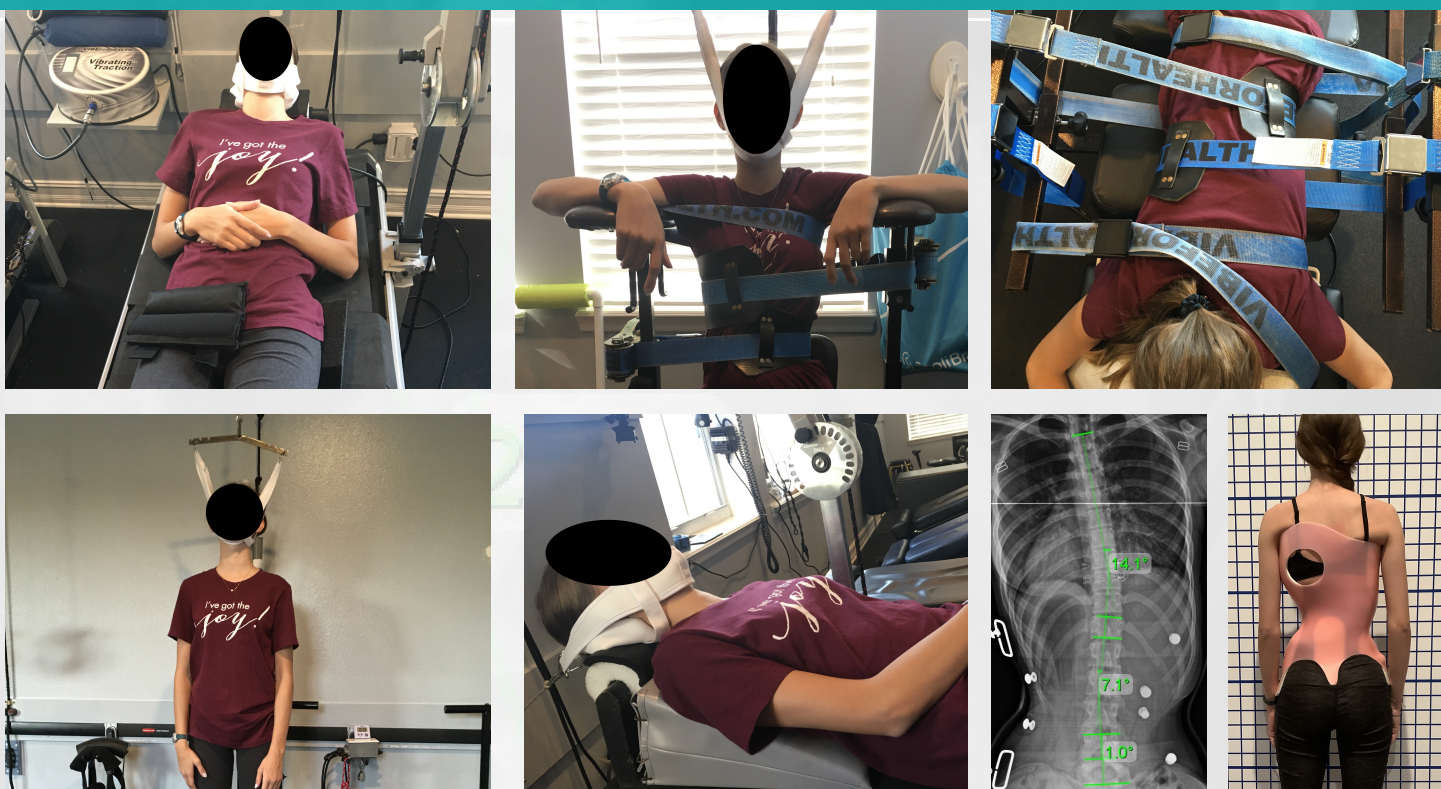
After another 90 days of home care, Joy's family traveled to the office for an in-office assessment, where her scoliosis correction was sustained. Additionally, she had grown approximately 1.25 inches and gained 10 lbs. Given her continued progress, a new ScoliBrace was recommended to support further correction and stabilize her spine. Joy's family decided to move forward with the new ScoliBrace to continue treatment, with the goal of further reducing her curvature, minimizing pain, and preventing surgery.

After another 90 days of home treatment, Joy returned to the office for a follow-up evaluation. This assessment showed continued improvement, with her scoliosis measuring 9.1 degrees, a significant reduction in low back pain, and improved function in her daily activities. Given the excellent results, Joy was recommended to begin the weaning phase of care. The weaning phase involves gradually reducing in-brace time while continuing to monitor for stability.

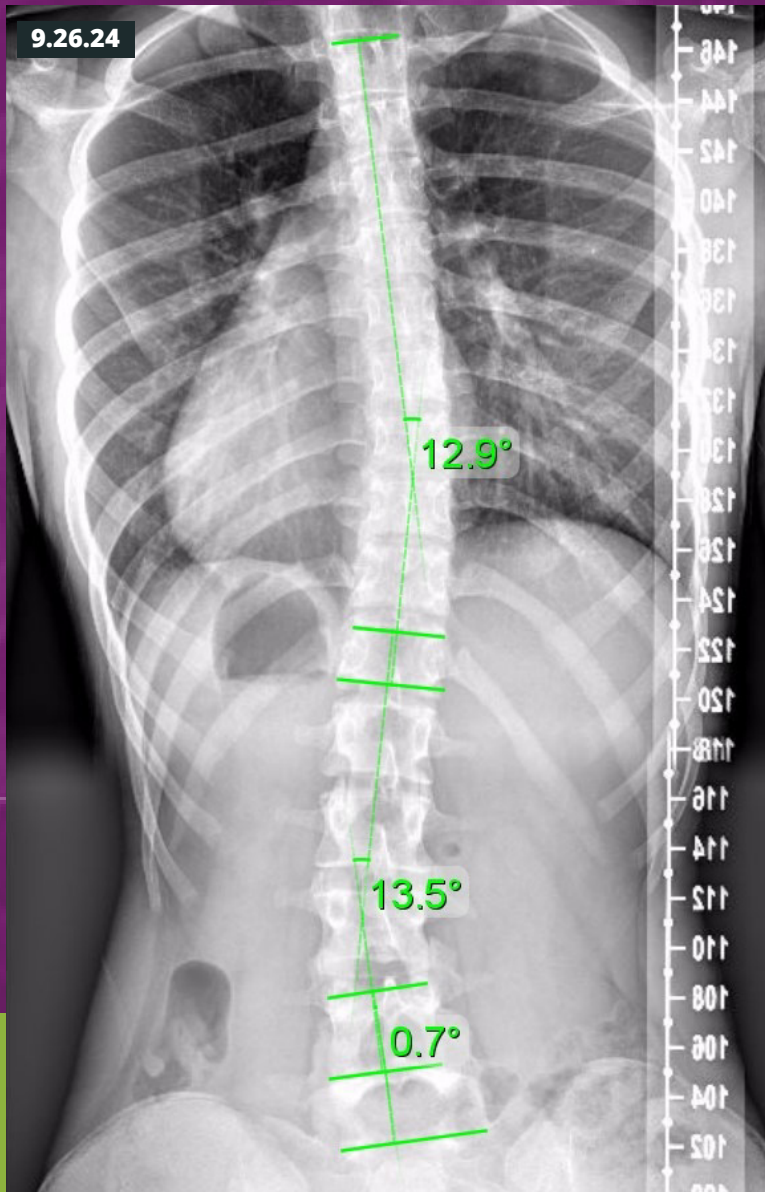
With diligent home monitoring and treatment compliance, Joy continued to reduce her in-brace time and maintained her home care routine. 90 days later, another in-office evaluation showed that Joy was holding her correction, even improving slightly from her previous evaluation. It was recommended that she wear her ScoliBrace while sleeping and follow a reduced home exercise plan to support stabilization.

After six months, Joy provided a remote evaluation, showing further reduction in her scoliosis to 7.8 degrees. At this point, Joy's family had several options for continued care: either remove the brace and reevaluate in 30 days to ensure stability, continue wearing the brace 2-4 hours per day for 5 days a week like a retainer and reevaluate in 90 days, or continue wearing the brace while sleeping and reevaluate in 6 months. After considering these options, Joy chose to remove her ScoliBrace and reevaluate in 30 days.

At the 30-day mark, Joy's remote evaluation showed a slight worsening of her scoliosis to 13.5 degrees, though this change was not significant enough to cause concern. It was recommended that Joy continue without the ScoliBrace and provide another follow up evaluation in 90 days. If her condition remains stable, she will transition to annual evaluations and monitoring.



Long-Term Results:



Joy's treatment has been highly successful, with a significant reduction in her scoliosis—from 29.9 degrees to 13.5 degrees—and a noticeable improvement in her low back pain. Additionally, her daily activities have greatly improved. With continued home care and regular evaluations, Joy is on track to meet her goals, maintain her progress, and avoid surgery.

