

# Scoliosis Reduction Center<sup>®</sup> Case Study

Name: Megan P  
Type: Idiopathic  
Age: Juvenile (2-10)  
Severity: Moderate (20° - 40/45°)

BY DR. TONY NALDA

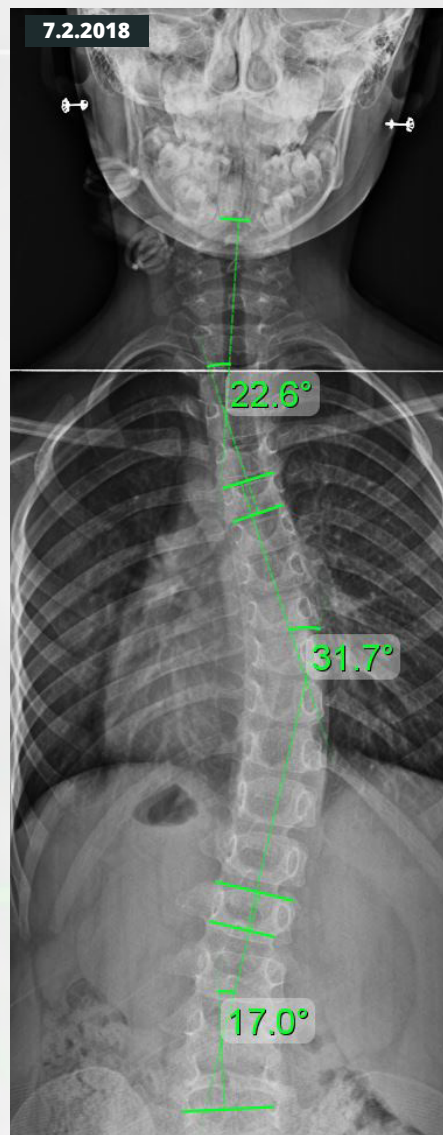
# Initial Evaluation:

During Megan's initial assessment, her scoliosis was measured at 31.7 degrees, categorizing it as moderate. At the time of her initial evaluation, Megan reported experiencing a range of discomforts, including headaches, neck pain, upper back pain, mid back pain, lower back pain, hip pain, foot/knee problems, sinus/drainage problems, swollen/painful joints, skin problems, dizziness, irritable, mood changes, allergies, digestive problems, bed wetting, trouble sleeping, difficulty breathing, numb/tingling in arms, hands, fingers, legs, feet, and toes.

Additionally, Megan faced challenges with daily activities, such as reading, concentrating, standing, and walking. This evaluation was conducted through a thorough and comprehensive process to ensure an accurate understanding of her condition.

## Before Meeting Dr Tony:

Megan was diagnosed with a 27-degree curvature at Shriners Hospital in 2018, with no treatment recommended. She had no prior history of chiropractic care.

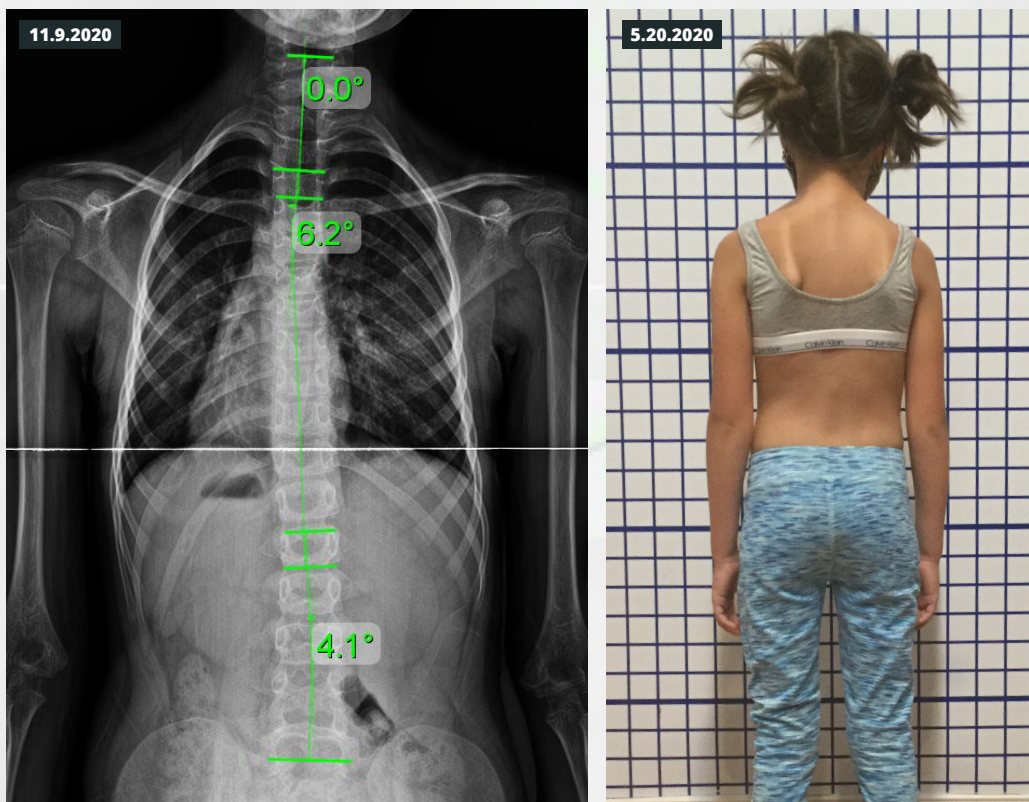




# Mid-Treatment

## Challenging Aspects of this Particular Case:

Megan was initially evaluated and treated at Scoliosis Reduction Center® at the young age of six. This early intervention presented unique challenges in helping her understand her ongoing condition and developing an effective treatment plan.



## 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:

Following the completion of Megan's initial treatment, she continued with in-office spinal wellness adjustments and her home therapy to maintain her correction achieved. These adjustments are designed to enhance her overall well-being, support her progress, and allow for close monitoring of her condition.

Megan underwent a comprehensive assessment 90 day post her initial treatment, which included x-rays, testing, posture photos, and a detailed update on her progress. The results indicated a continued reduction in her scoliosis and improved posture. In consultation with her family, a decision was made to modify her brace for more effective correction.

Megan continued her treatment program including in-office spinal wellness adjustments and her home therapy. At her subsequent reevaluation, she reported no discomfort or limitations in her daily activities. Her assessment showed further reduction in her curvature, now categorized below 10 degrees.

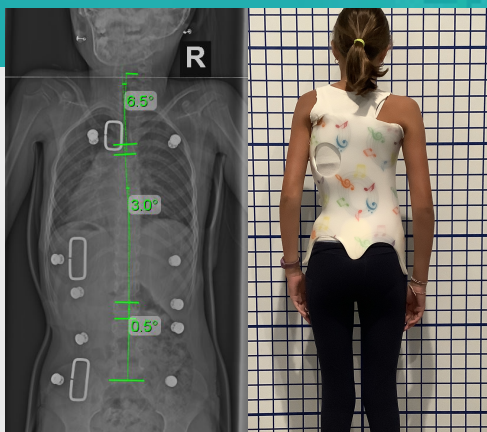
After another 90 days of continued home therapy and wellness adjustments, Megan was reevaluated showing maintained correction in her scoliosis holding below 10 degrees along with no discomforts or limitations.

After an additional 90 days with ongoing home therapy and wellness adjustments, another evaluation confirmed that Megan maintained her correction, with her scoliosis remaining below 10 degrees and no reported discomfort.

With continued regular monitoring, Megan achieved stability in her spine, leading to the decision to completely wean her from her ScoliBrace. With a strong home support system, Megan's family confirmed removing the brace and commitment to closely monitoring through her growth as she was still a Riser 0.

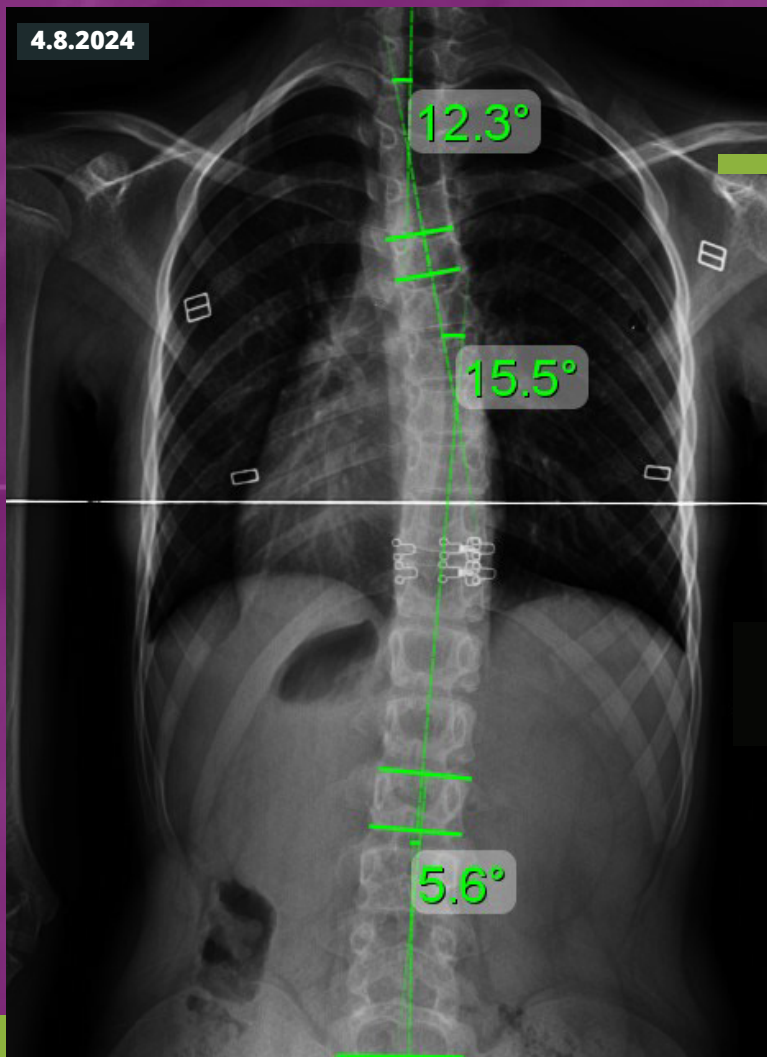
After 2 years of close monitoring with minimal changes, Megan experienced a significant growth spurt of 2 inches, resulting in a slight progression back to mild scoliosis. To ensure her continued progress, it was recommended that she undergo 5 days of corrective treatment and a new ScoliBrace. Her family, eager to support her spinal correction, agreed to proceed with these recommendations.

A 90-day follow-up assessment indicated ongoing stabilization of her spine. However, her next evaluation revealed discomfort due to Megan outgrowing her ScoliBrace. As a result, it was advised that she receive a new ScoliBrace and undergo 5 days of treatment to be as aggressive as possible during her growth, which is scheduled for the near future.

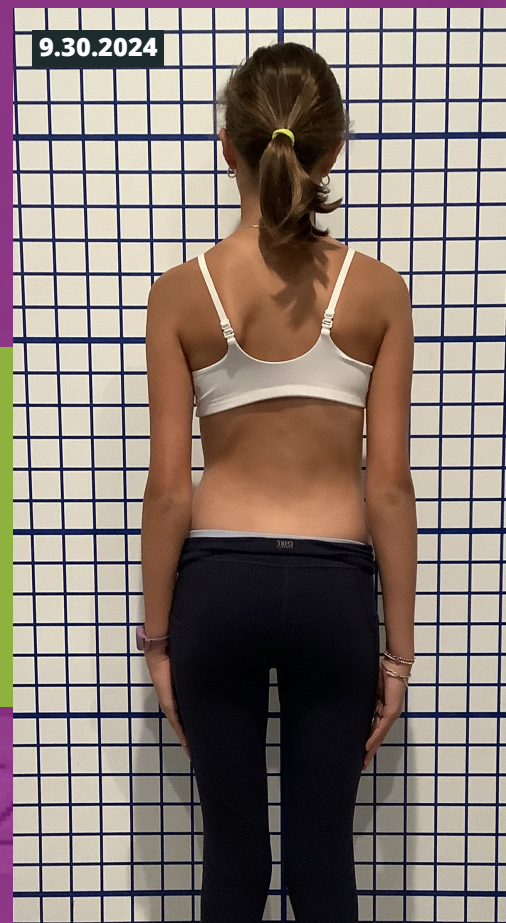




# Long-Term Results:



Megan has achieved remarkable outcomes, reducing her scoliosis from an initial measurement of 31.7 degrees to below 10 degrees. Thanks to the unwavering support of her family, she continues to make progress as she navigates her growth phase. This collaborative approach has been instrumental in her ongoing scoliosis management.



## Dr. Tony Notes/Nuances/Thoughts

She has had a phenomenal result; despite the fact she has gone through major growth spurts throughout the years. Megan is eager to put in the work of therapy and bracing for the most optimal result.