

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

Name: Mia B

Type: Idiopathic

Age: Adolescent (10-18)

Severity: Moderate (25° - 40/45°)

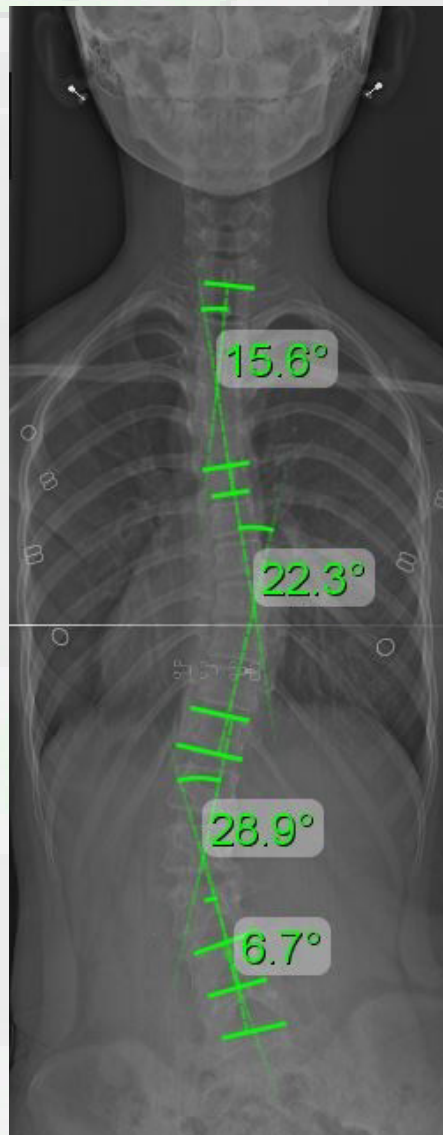
BY DR. TONY NALDA

# Initial Evaluation:

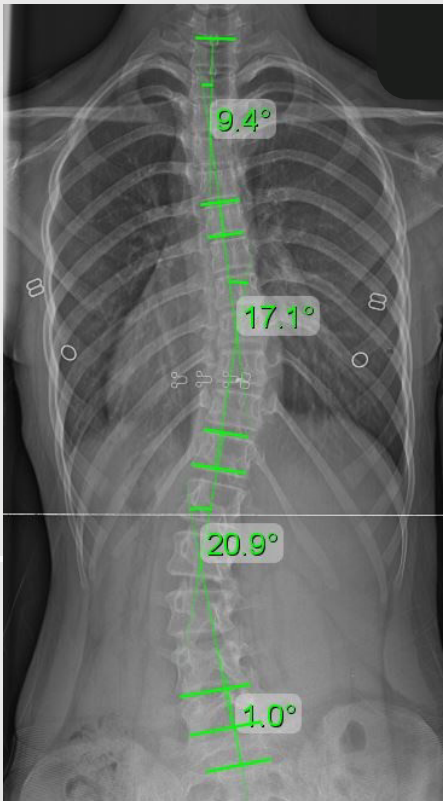
During Mia's initial assessment at the Scoliosis Reduction Center<sup>®</sup>, her scoliosis was measured at 28.9 degrees, placing it in the moderate category. At the time, Mia reported no discomfort, symptoms, or difficulties with her daily activities.

## Before Meeting Dr Tony:

Mia's journey began when her pediatrician referred her to an orthopedic specialist for evaluation following her scoliosis diagnosis. The orthopedic physician recommended a Boston Brace to be worn 18 hours daily. However, Mia faced challenges in adhering to this recommendation. To provide her with additional support and guidance, her physician's assistant referred her to Dr. Tony Nalda for a thorough assessment and expert care.



# Mid-Treatment



## Challenging Aspects of this Particular Case:

Mia is a dancer, and this high-impact activity places significant demands on her spine. As a result, her condition requires careful management to balance her passion for dance.

## 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.

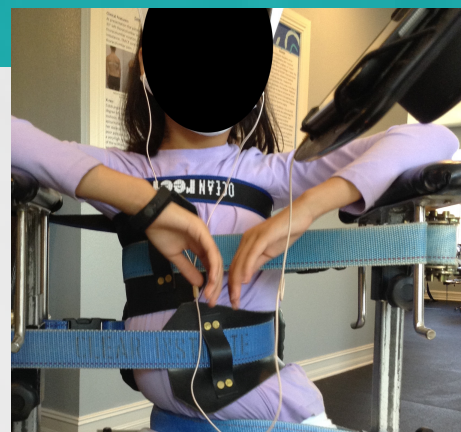
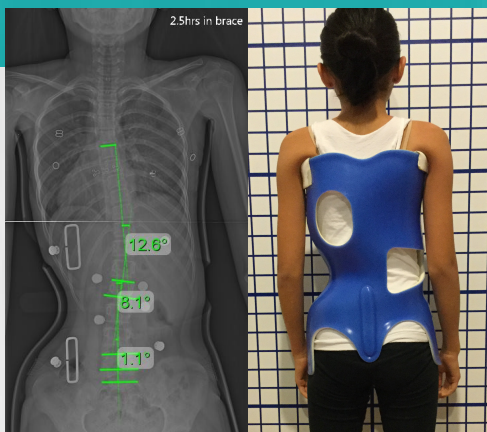
## Re-evaluation Checkpoints:

After Mia's initial treatment at the Scoliosis Reduction Center®, she diligently followed her home care plan, which included regular ScoliBrace wear, isometric exercises, and bi-weekly spinal adjustments. After 90 days, she underwent a comprehensive re-evaluation that included an update on her progress, x-rays, and posture assessments. This evaluation showed improvements in her posture and a reduction in her scoliosis, now categorized as mild. Based on these findings, Mia was advised to continue her current treatment plan and proceed with a modification of her ScoliBrace for enhanced correction, with a follow-up evaluation scheduled in another 90 days. Eager to support Mia's success, her family proceeded with her ScoliBrace modifications.

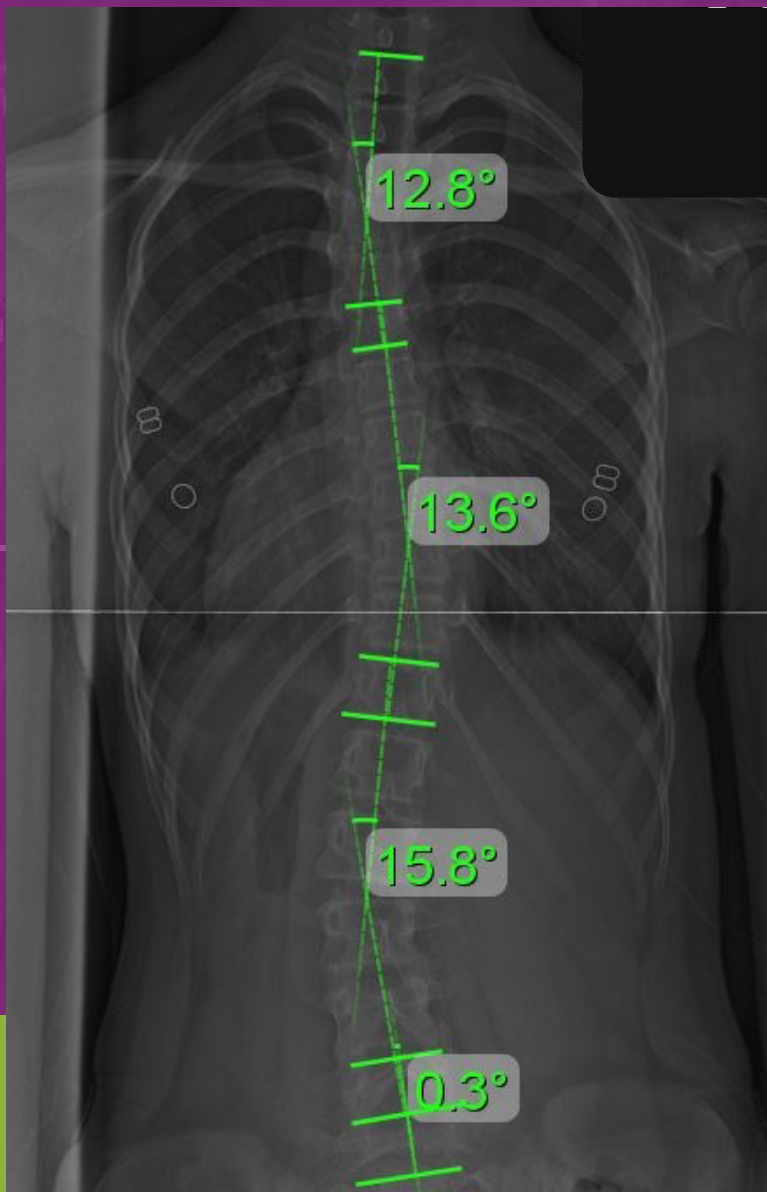
Following another 90 days of consistent home care, ScoliBrace wear, and spinal adjustments, Mia had a subsequent evaluation. This evaluation showed further improvements in her posture and a significant reduction in scoliosis, along with recommendations for a new ScoliBrace and 5-day treatment to promote additional correction. Mia's dance instructors even noted her enhanced performance and strength.

With the new treatment plan and brace in place, Mia achieved further reduction in her scoliosis and improved posture. Through ongoing monitoring, adherence to her home care routine, wellness spinal adjustments, and consistent ScoliBrace use, Mia successfully maintained her spine within the mild scoliosis category throughout her teenage years, requiring minimal intervention.

Mia is currently stabilized and has transitioned out of her ScoliBrace, with annual evaluations to monitor her spinal health.



## Long-Term Results:



Mia has experienced remarkable progress, with 3.5 inches of growth and approximately 30 pounds of healthy weight gain during her adolescence. Mia's scoliosis has improved significantly through dedicated home care and treatment compliance, transitioning from moderate to mild scoliosis, and has stabilized at this level.

