

Scoliosis Reduction Center[®] Case Study

Name: Nivedita S

Type: Idiopathic

Age: Adolescent (10 - 18)

Severity: Moderate (25° - 40°/45°)

BY DR. TONY NALDA

19.0°

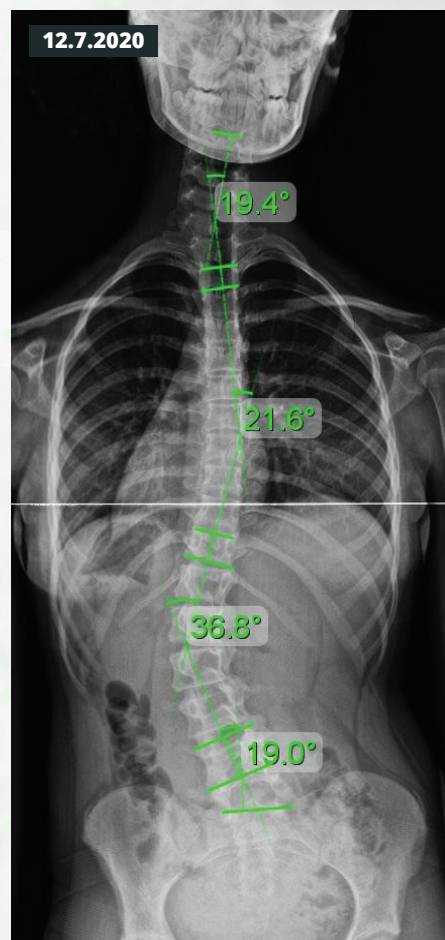
Before Meeting Dr. Tony:

Nivedita was diagnosed with her scoliosis in 2020 by her pediatrician, who then referred her to a pediatric orthopedic specialist for further evaluation and recommendations.

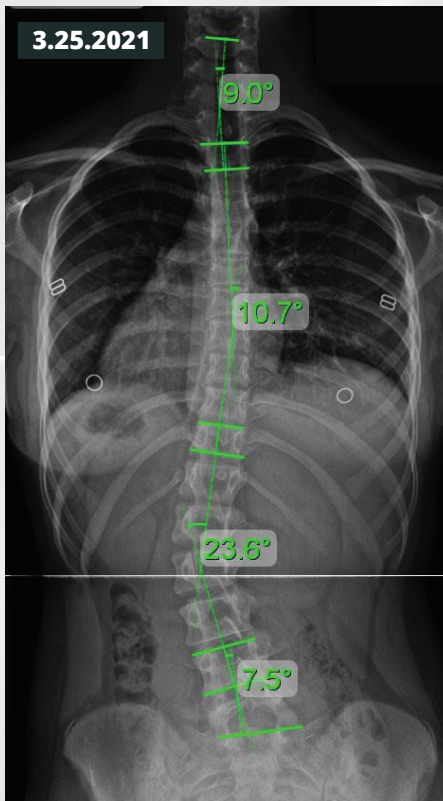
Initial Evaluation:

During Nivedita's initial evaluation at the Scoliosis Reduction Center®, her spinal curvature was measured at 36.8 degrees, classifying her condition as moderate scoliosis. She also reported experiencing lower back pain, which limited her ability to use the computer for extended periods and engage in physical activities. Additionally, Nivedita was suffering from frequent headaches.

After a thorough consultation with Dr. Tony to discuss available treatment options, Nivedita and her family chose to pursue a comprehensive treatment plan. This plan included in-office treatments, a custom ScoliBrace, and prescribed home isometric exercises, all aimed at addressing her scoliosis and enhancing her overall quality of life.



Mid-Treatment



Challenging Aspects of this Particular Case:

None

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.

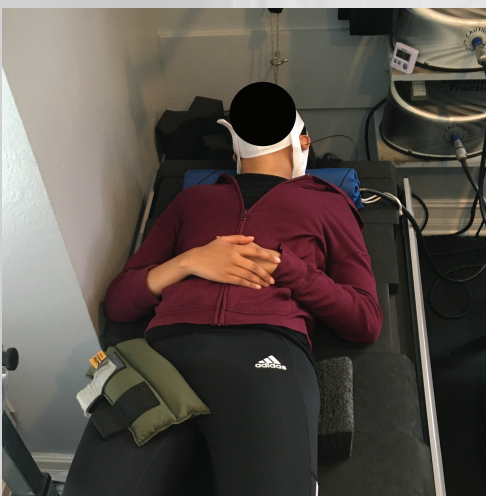
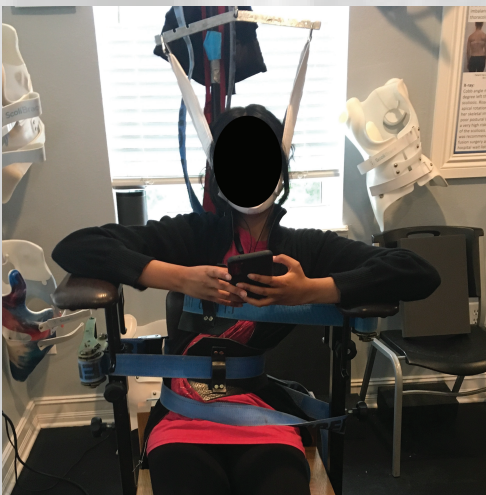
Re-evaluation Checkpoints:

Following Nivedita's initial corrective therapy, her spinal curvature was reduced from 36.8 degrees to 23.6 degrees. To maintain this improvement and support ongoing changes, Nivedita and her family continued her treatment with weekly in-office spinal adjustments. These adjustments are designed to help sustain her correction and promote overall spinal health.

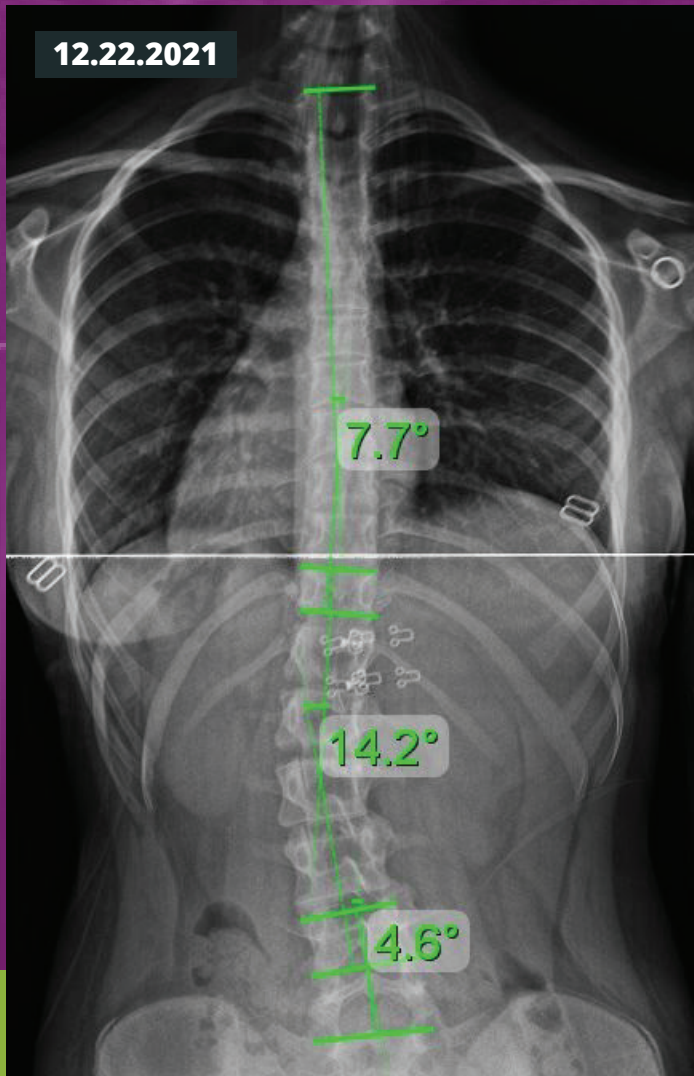
After 90 days of consistent home therapy, regular ScoliBrace wear, and in-office spinal adjustments, Nivedita underwent a reassessment to monitor her progress. The results showed sustained correction and a continued desire to reduce her curvature further. To support Nivedita's goals, a plan was developed to continue with in-office corrective treatments and modify her ScoliBrace. As a result of this additional treatment, Nivedita's scoliosis was further reduced to 19.9 degrees, now classifying her condition as mild scoliosis.

With continued adherence to home therapy, regular ScoliBrace wear, and in-office spinal adjustments, Nivedita successfully maintained her correction with minimal complications.

Wanting to take a proactive approach, Nivedita and her family decided to proceed with another in-office corrective treatment and ScoliBrace modifications six months later. During this treatment, a new ScoliBrace was recommended to provide optimal correction and support for her scoliosis correction.



Long-Term Results:



After experiencing a growth of 2 inches in height—typically an indicator of scoliosis progression—and gaining 20 lbs. of healthy weight, Nivedita has successfully maintained her mild scoliosis correction. This has been achieved through consistent home care, regular ScoliBrace wear, and ongoing spinal adjustments. She is currently stabilizing with minimal ScoliBrace wear and continued home therapy, ensuring her condition remains well-managed with minimal intervention.

