

# Scoliosis Reduction Center Case Study

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Name: Philipp R.

Type: Idiopathic

Age Group: Adult (18 - 45/55)

Severity: Mild (10-25)

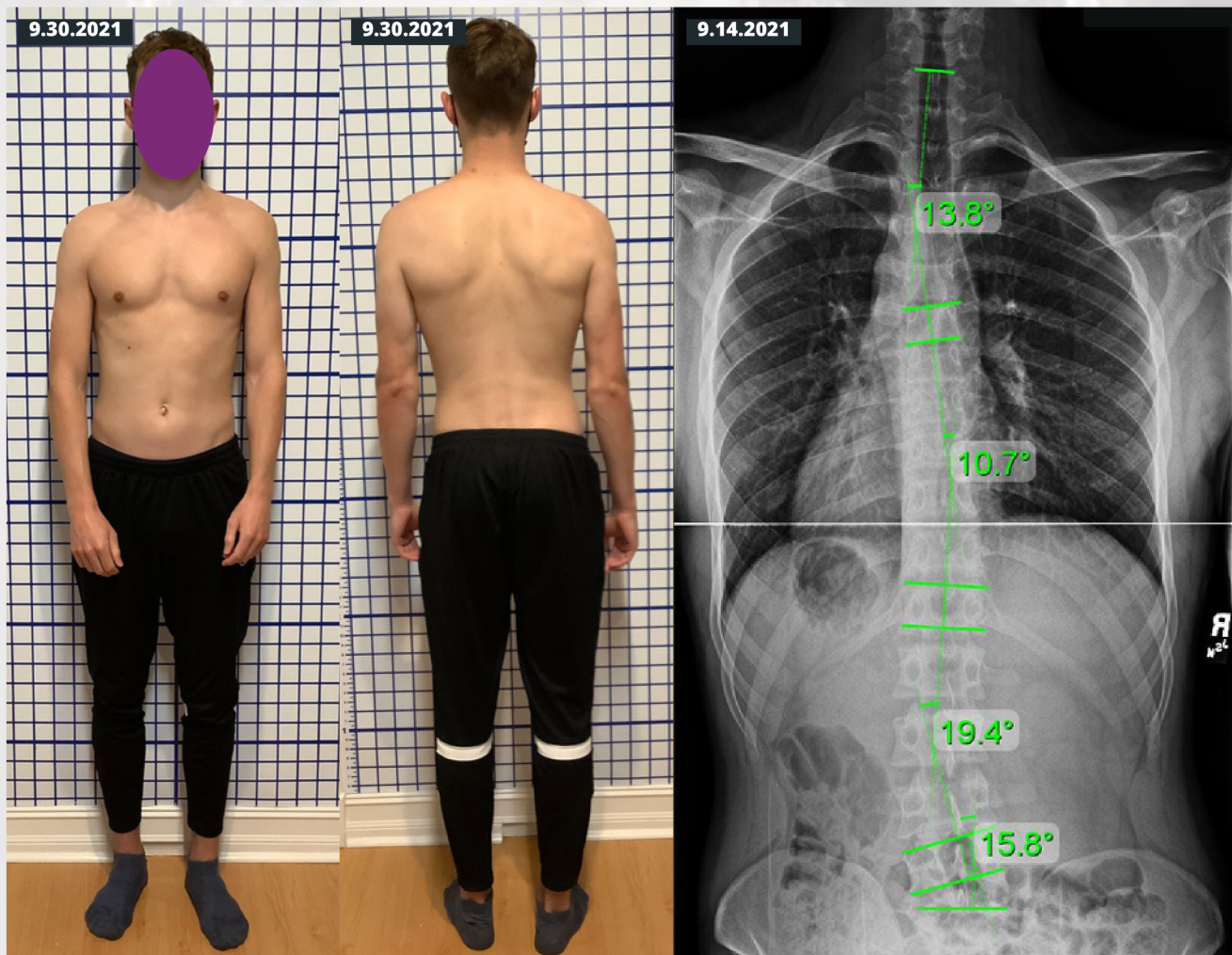
**BY DR. TONY NALDA**

# Initial Evaluation:

Philipp's initial assessment showed a 19.4-degree curvature in the lumbar region, and is categorized as mild scoliosis.

## Before Meeting Dr Tony:

Prior to reaching out to Dr. Tony Nalda, Philipp underwent weekly physiotherapy sessions for six consecutive weeks, frequently repeating this cycle, yet witnessed no discernible improvement. Struggling with escalating pain and deteriorating posture, Philipp sought out the Scoliosis Reduction Center via an online search.

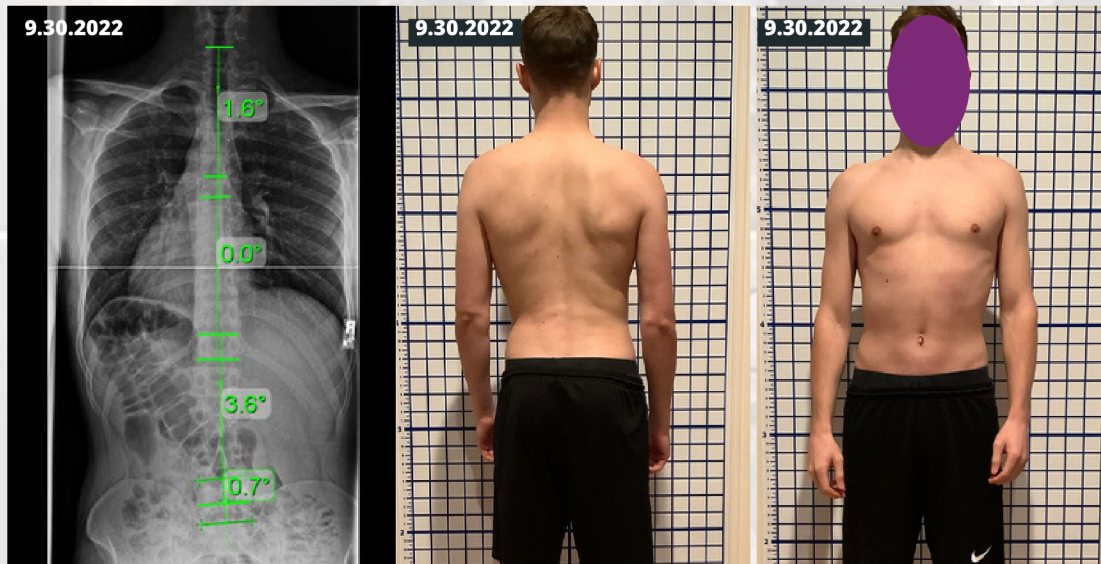




# After 2 Weeks of Treatment

## Challenging Aspects of this Particular Case:

The patient is from and lives in Germany.



## 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.
- ◆ **Mechanical Drop Piece** Low tone vibration to help mobilize the rib cage and reduce stiffness associated with scoliosis.
- ◆ **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.
- ◆ **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.



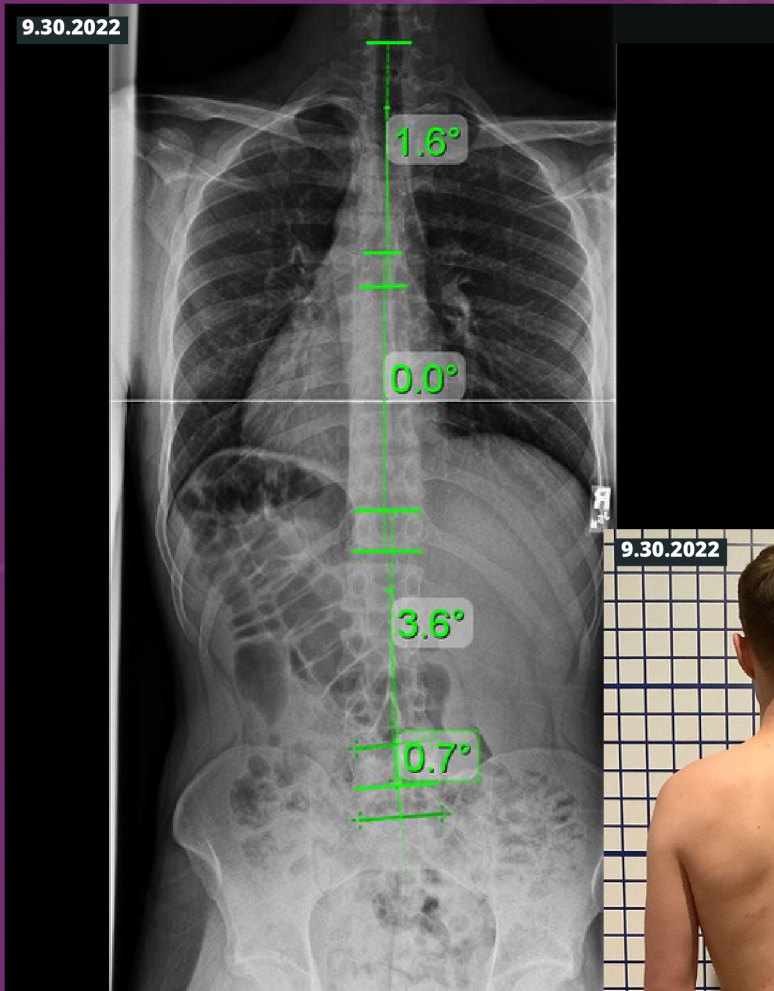
## Re-evaluation Checkpoints:

Following a 90-day period, Philipp underwent re-evaluation, providing updated information collected locally, including x-rays, posture images, and a descriptive update on his post-treatment progress at the Scoliosis Reduction Center. The assessment revealed significant improvement in his posture, with sustained reduction in his curvature. He received recommendations to maintain his current home care regimen, undergo another evaluation in 90 days for ongoing monitoring, and was able to reduce his time in the brace. Eager to pursue further correction, Philipp returned to the Scoliosis Reduction Center for an additional 5-day treatment. Subsequent to this treatment, Philipp underwent another re-evaluation after 90 days to assess his progress. The evaluation indicated substantial improvement and stability in his condition, allowing for further reduction in brace time while continuing with his home care routine. Philipp is scheduled for re-evaluation in another 6 months to continue to track his ongoing progress.





# Long-Term Results:



In the span of one year, Philipp has successfully diminished his lumbar scoliosis from 19.4 degrees to 3.6 degrees. Achieving this significant reduction has enabled him to transition to wearing his brace on a part-time basis, requiring only minimal home care to sustain his progress.

