

Scoliosis Reduction Center[®] Case Study

Name: Rachel R
Type: Idiopathic
Age: Adolescent (10-18)
Severity: Moderate (25° - 40/45°)

BY DR. TONY NALDA

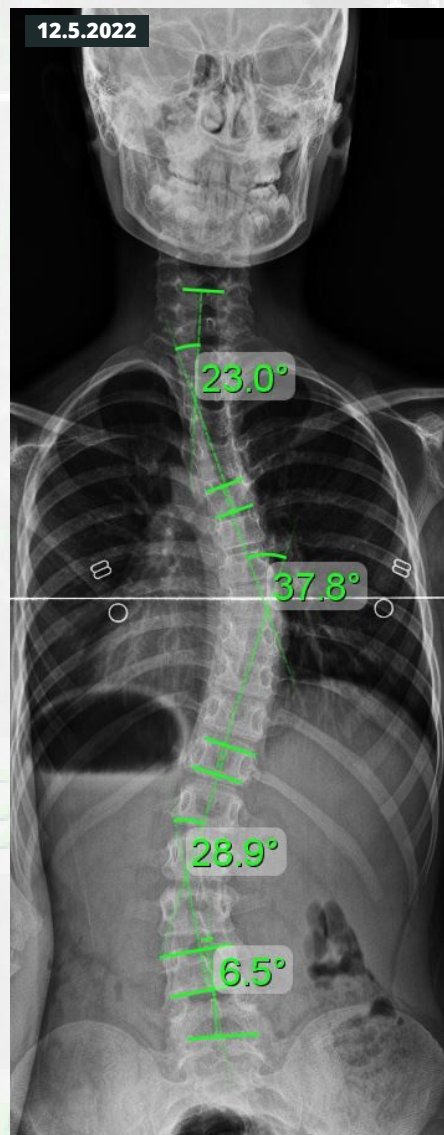
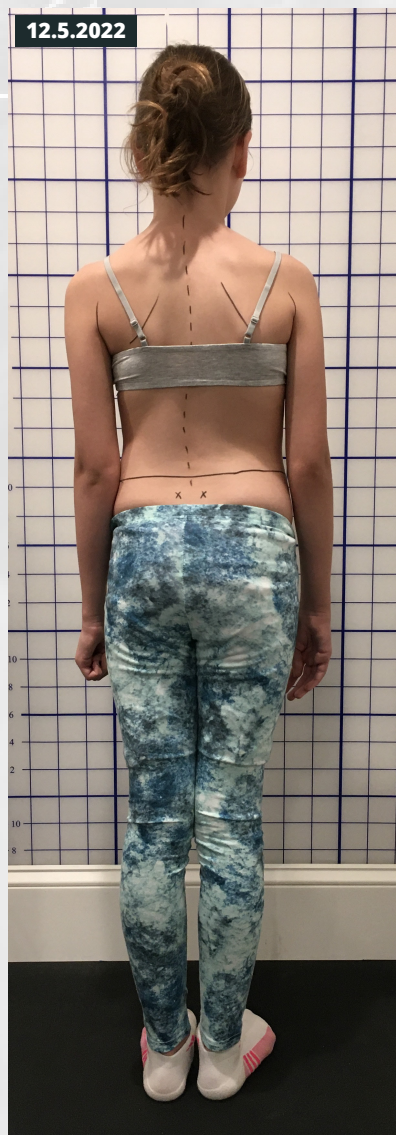
6.5°

Initial Evaluation:

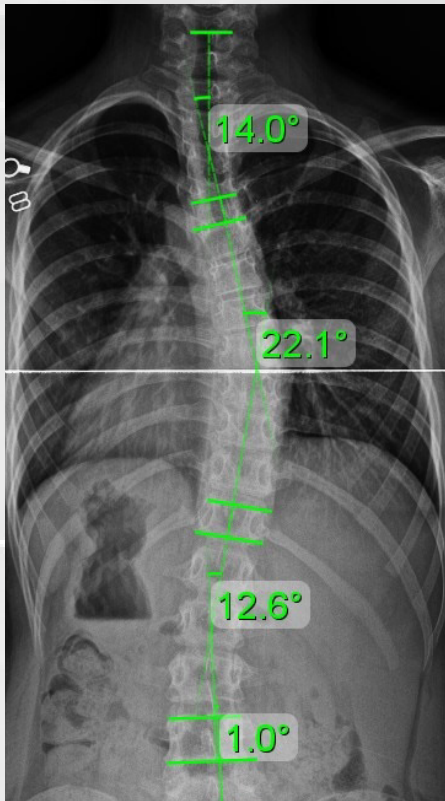
During Rachel's initial assessment, her scoliosis was measured at 37.8 degrees, categorizing it as moderate. She reported discomfort in her mid and lower back, as well as digestive challenges, including diarrhea and constipation. Additionally, Rachel experienced difficulty sitting for more than one hour.

Before Meeting Dr Tony:

Prior to treatment at Scoliosis Reduction Center®, Rachel had not received any treatment for her spine.



Mid-Treatment



Challenging Aspects of this Particular Case:

Rachel lives several states away from the clinic, presenting logistical challenges for her ongoing monitoring and care.

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
- ◆ **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.

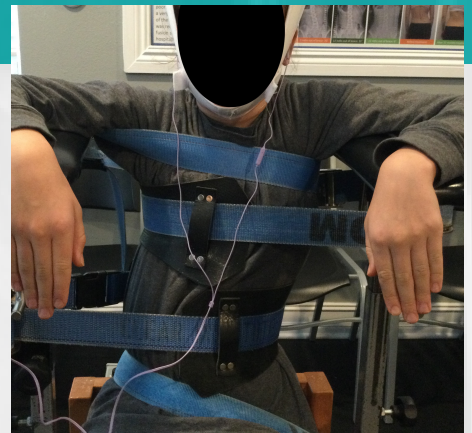
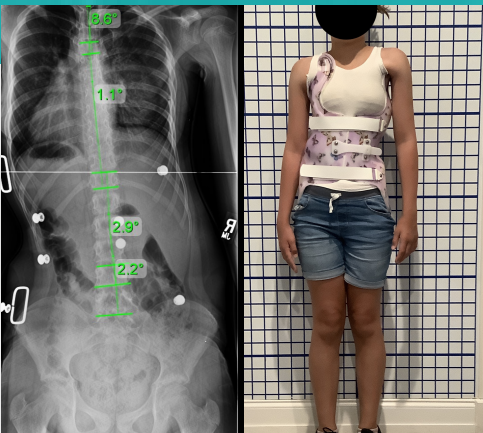
Re-evaluation Checkpoints:

After a 90-day period, Rachel underwent a local reevaluation, providing updated information that included x-rays, posture photographs, and a detailed report on her post-treatment progress at the Scoliosis Reduction Center®. The assessment indicated significant improvements in her posture, along with a reduction in her scoliosis curvature. However, Rachel also reported discomfort from a rash, which her local provider diagnosed as ringworm, likely contracted during her weekly dance practice and performances.

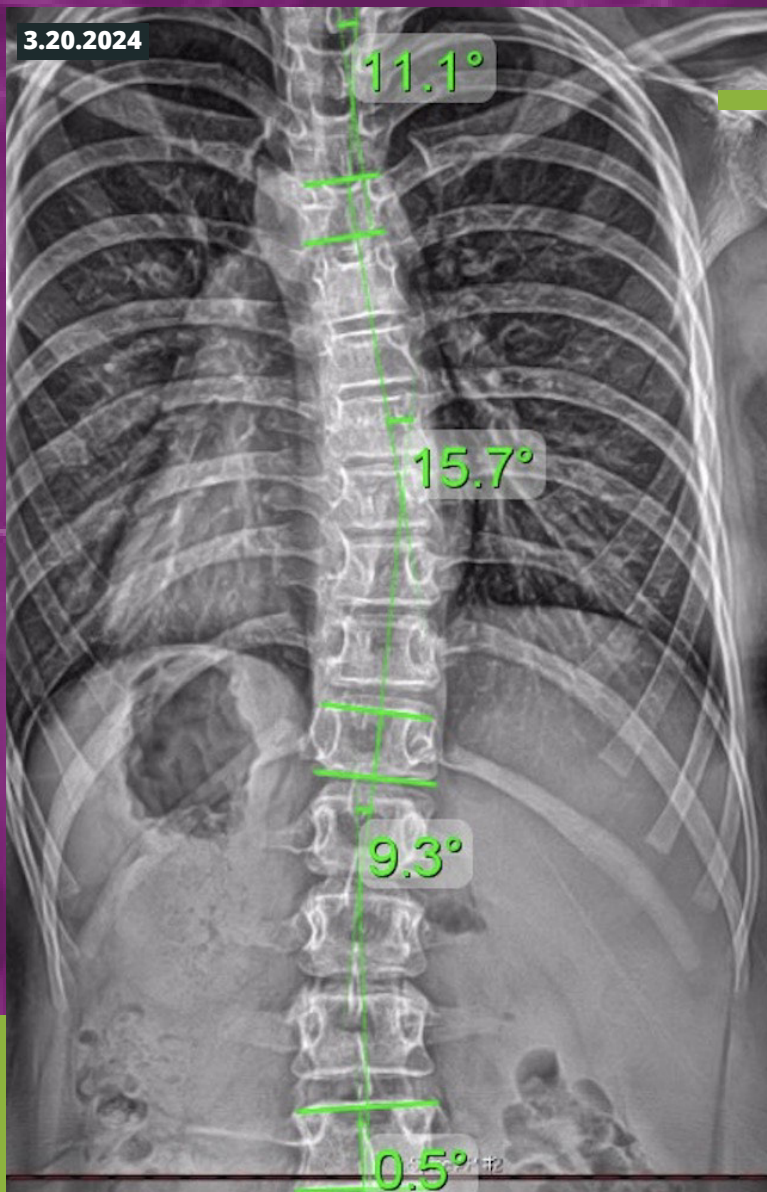
Despite this challenge, Rachel remained committed to her brace wear during her ringworm treatment, recognizing its importance. She received recommendations for a 5-day treatment course and a brace modification within 90 days to further address her curvature. Eager to enhance her progress, Rachel's family decided to proceed with the suggested treatment, resulting in a successful reduction of her curvature into the mild scoliosis category.

Post-treatment, Rachel continued to adhere to her home care and brace-wearing recommendations. After another 90 days, she submitted the requested evaluation information, revealing a significant growth spurt of 3 inches and an increase of 18.8 pounds since her initial brace scan. As a result of her growth, Rachel had outgrown her brace and required a new one all while sustaining her curvature. Her family arranged for a new brace and additional treatment to further reduce her curvature, which yielded positive results with additional improvements in her posture.

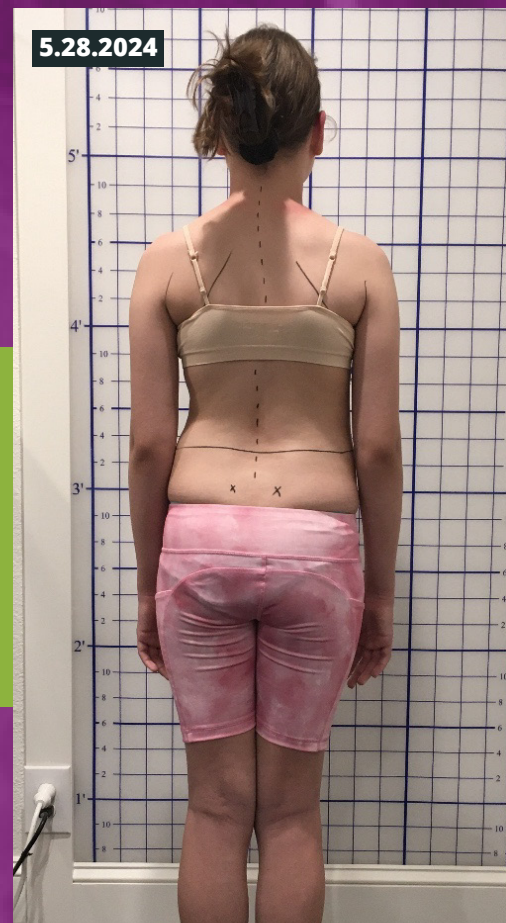
Following another 90 days of home therapy and consistent brace wear, Rachel provided her latest assessment information, demonstrating continued curvature reduction despite growing nearly 2 inches. To proactively support her progress, Rachel's family opted for a new brace and will submit her next assessment in 90 days to continue monitoring her treatment.



Long-Term Results:



Rachel has demonstrated remarkable determination and commitment throughout her treatment journey, supported by a strong support system at home and within her church community. Initially assessed with a 37.8-degree curvature, Rachel now presents with a 15.7-degree curvature. Additionally, she has experienced a total growth of 5 inches in height and a weight gain of 32.8 pounds as part of her normal development.



6.5°