

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

Name: Sonya O  
Type: Degenerative  
Age: Older Adult (45/55+)  
Severity: Severe

BY DR. TONY NALDA

# Before Meeting Dr. Tony:

In 1980, Susan was diagnosed with scoliosis by a military physician, who noted a 31-degree curvature in her spine. She was prescribed a Boston brace to wear for 23 hours each day. Although the brace was uncomfortable, Susan believes it helped stabilize her curve, despite frequently finding it on the floor upon waking in the mornings.

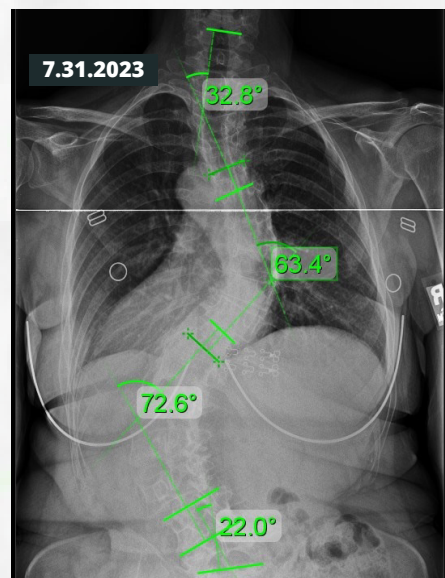
More recently, a spine specialist recommended spinal fusion with rods, along with consultations with a pain management doctor to address her discomfort. Additionally, she was advised to strengthen her back through core exercises like planks. The specialist also prescribed an Aspen scoliosis back brace for adults, cautioning her to avoid wearing it all day to prevent weakening her muscles.

After undergoing epidural injections in her neck and lower back, and trying oxycodone without relief, Susan decided to explore chiropractic care. She found Dr. Tony through an online search, seeking an alternative solution to her ongoing pain.

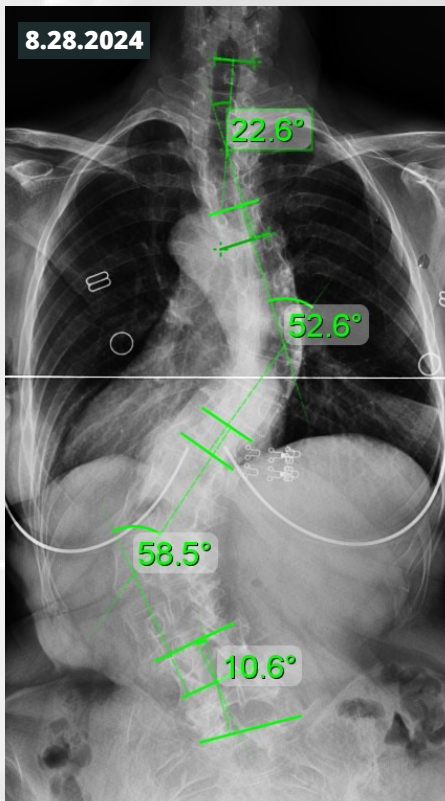
## Initial Evaluation:

During Susan's initial evaluation at the Scoliosis Reduction Center®, her scoliosis was measured at 73 degrees. She reported experiencing headaches, as well as discomfort in her neck, upper back, mid-back, and lower back. These symptoms significantly impacted her ability to perform daily activities, such as carrying groceries, transitioning between sitting and standing, driving, using the computer, completing household chores, lifting children, reading, concentrating, sleeping, and even walking.

Having initially believed her scoliosis was in the 30-degree range, Susan was both surprised and concerned upon learning the severity of her condition. After discussing her treatment options with Dr. Tony, she decided to move forward with a combination of in-office treatments, a custom ScoliBrace, and prescribed home isometric exercises to address her scoliosis and improve her quality of life.



# Mid-Treatment



## Challenging Aspects of this Particular Case:

Susan's residence in another state, along with her role as her mother's primary caregiver, limits her ability to attend in-office treatments.

## 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:

Susan's post-treatment evaluation showed significant progress, with her scoliosis curve reduced to 57 degrees and a noticeable decrease in discomfort. She remained diligent with her home treatment plan, despite developing a sore from her ScoliBrace during the torso reshaping process. This temporary issue prevented her from wearing the brace as tightly as she would have liked, but with careful monitoring from both the Scoliosis Reduction Center® and Susan's local chiropractor, the sore healed, allowing her to resume her treatment.

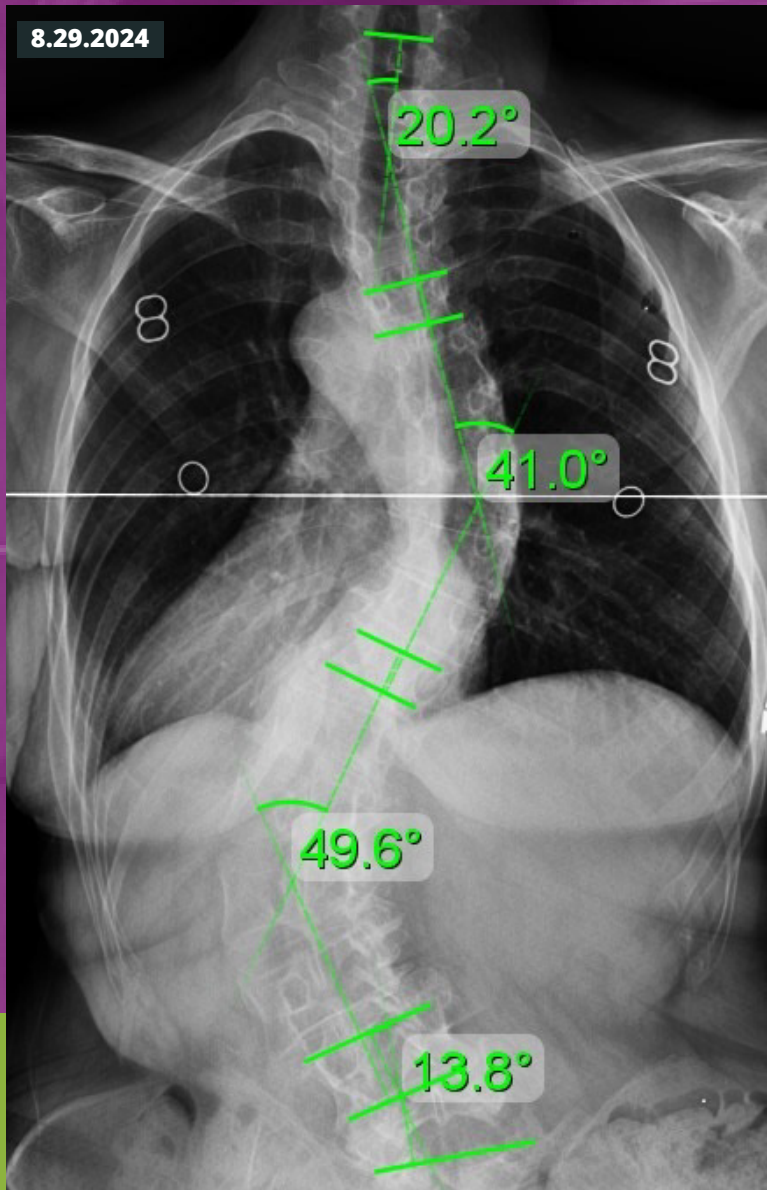
90 days after her initial treatment, Susan provided essential updates to support remote monitoring of her progress, including x-rays, posture photos, and a detailed description of her condition. Despite concerns that the temporary setback might have affected her results, Susan's follow-up assessment showed even greater improvement. Her scoliosis was now measured at 52 degrees—better than her post-treatment measurement—demonstrating her strong adherence to her home care and bracing routine. Her posture also showed significant improvement, with a more symmetrical appearance and a noticeably longer and thinner waist.

Given her excellent progress, Susan was advised to continue with her current home care program and to have a follow-up evaluation in another 90 days to monitor further improvements. Excited by her results, Susan requested additional treatment to continue advancing on her progress.

Since her re-evaluation, Susan has completed two more 5-day treatment sessions with brace modifications, resulting in continued improvement. Her scoliosis curve is now measuring at 49 degrees, and her discomfort has further reduced. Driven to build on her progress, Susan is actively planning her next visit to the Scoliosis Reduction Center® to further advance her treatment.



# Long-Term Results:



Through Susan's commitment to her treatment, she has made significant progress, reducing her scoliosis from 73 degrees to 49 degrees. Her consistent efforts have been key to her success, and her remarkable progress underscores the power of dedication and perseverance in managing her scoliosis.

