

Scoliosis Reduction Center[®] Case Study

Name: Sophia D
Type: Idiopathic
Age: Adolescent
Severity: Severe (40°/45° - 80°)

BY DR. TONY NALDA

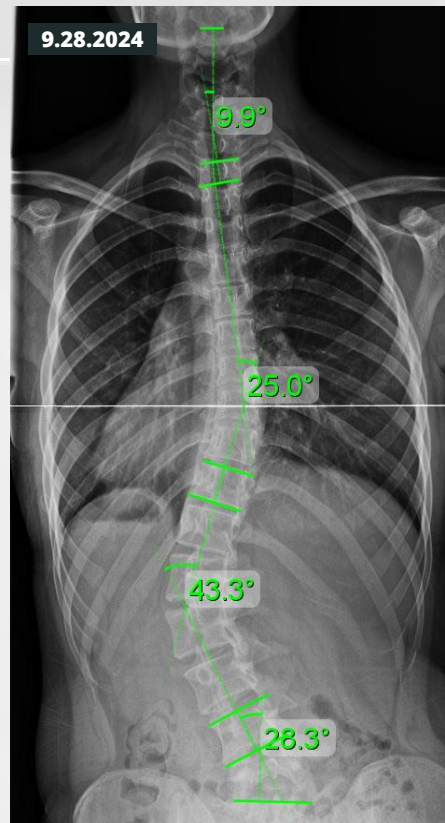
Before Meeting Dr. Tony:

Sophia was first diagnosed with scoliosis in the 20-degree range by her pediatrician, who recommended annual check-ups and x-rays with an orthopedic surgeon. She followed this advice for four years, during which her condition progressively worsened. Despite repeated requests from her family for bracing, her providers believed it was not appropriate. A year before discovering Dr. Tony through a referral from her Schroth therapist and Facebook, Sophia began weekly Schroth therapy to help manage her scoliosis.

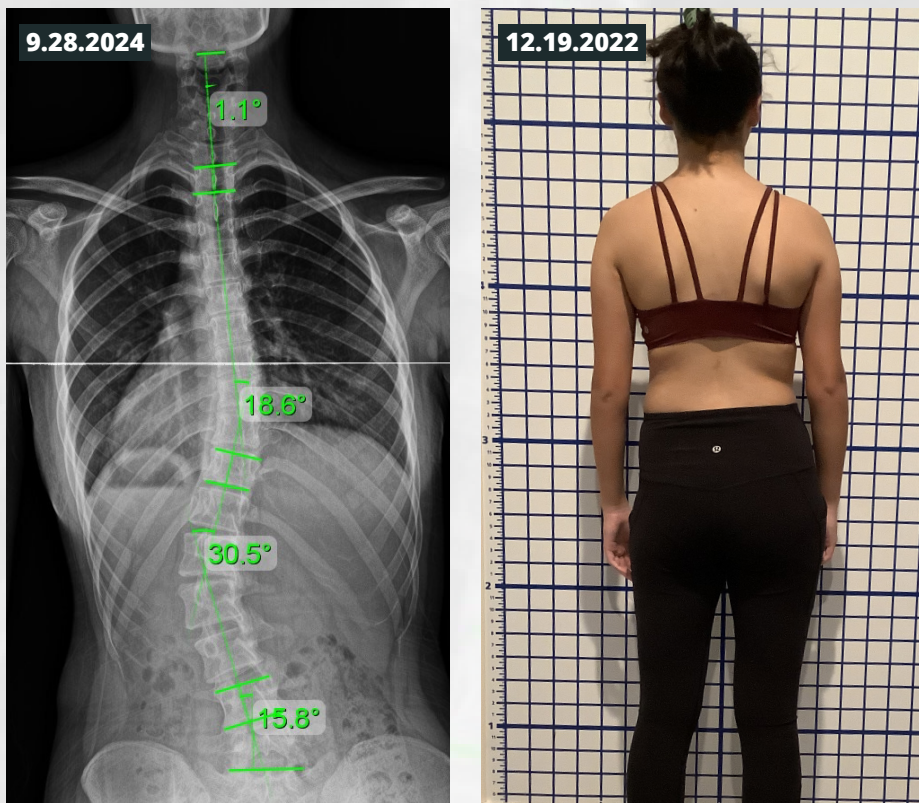
Initial Evaluation:

During Sophia's initial evaluation at the Scoliosis Reduction Center®, her spinal curvature was measured at 43.3 degrees, classifying her scoliosis as severe. In addition to the curvature, Sophia was experiencing reduced flexibility and muscle stiffness. Fortunately, she did not report any difficulty with daily activities, although she did experience some muscle tightness.

After thoroughly discussing her treatment options with Dr. Tony, Sophia and her family chose to proceed with a comprehensive plan that included in-office treatments, a custom ScoliBrace, and prescribed home isometric exercises to address her scoliosis and enhance her overall quality of life.



Mid-Treatment



Challenging Aspects of this Particular Case:

Sophia residing several states away from the Scoliosis Reduction Center® posed a challenge, limiting her access to in-office treatments and regular reevaluations.

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:

Sophia and her family chose an aggressive approach to her treatment, opting for an additional 5-day intensive therapy with a modified brace five months after her initial treatment to further reduce her scoliosis curve. Following the second round of treatment, Sophia continued to experience improvement, with her scoliosis reduction accompanied by reduced stiffness, improved posture, and a stronger core.

With the goal of further reducing the curvature and avoiding surgery, Sophia and her family scheduled another 5-day treatment along with a new ScoliBrace four months later. This resulted in continued progress, with her scoliosis reducing to 25.2 degrees, as well as significant improvements in her posture, flexibility, and overall movement.

Three months after her treatment, Sophia and her family returned for a follow-up visit to gather updated x-rays, posture photos, and a detailed assessment of her progress. With consistent adherence to her home care plan, Sophia had maintained her scoliosis reduction without significant signs of progression. Her recommendation was to continue with her current home care plan for another 90 days, after which a reevaluation would be conducted.

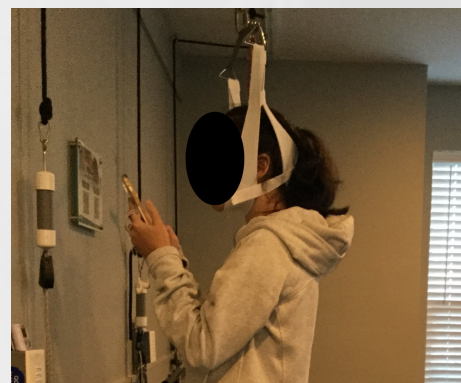
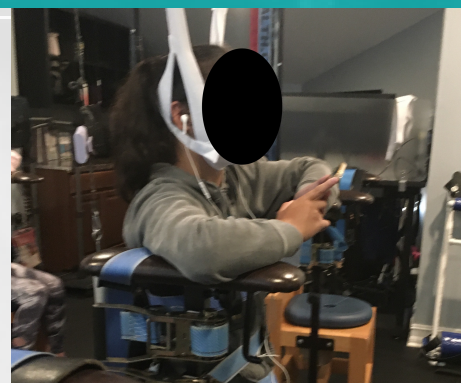
At the 90-day mark, Sophia's family submitted the necessary information for a remote evaluation. The results showed no significant changes, and the recommendation was to either begin weaning her off the brace after 18 months of treatment or consider another round of intensive therapy for further curve reduction. The family opted to wait another 90 days before making any decisions about the next steps.

After another 90 days of home care, Sophia and her family returned for an in-office evaluation. The results showed continued stabilization of her condition, and Sophia expressed interest in beginning the weaning process from her ScoliBrace. She began gradually reducing her in-brace hours while focusing on core-strengthening exercises.

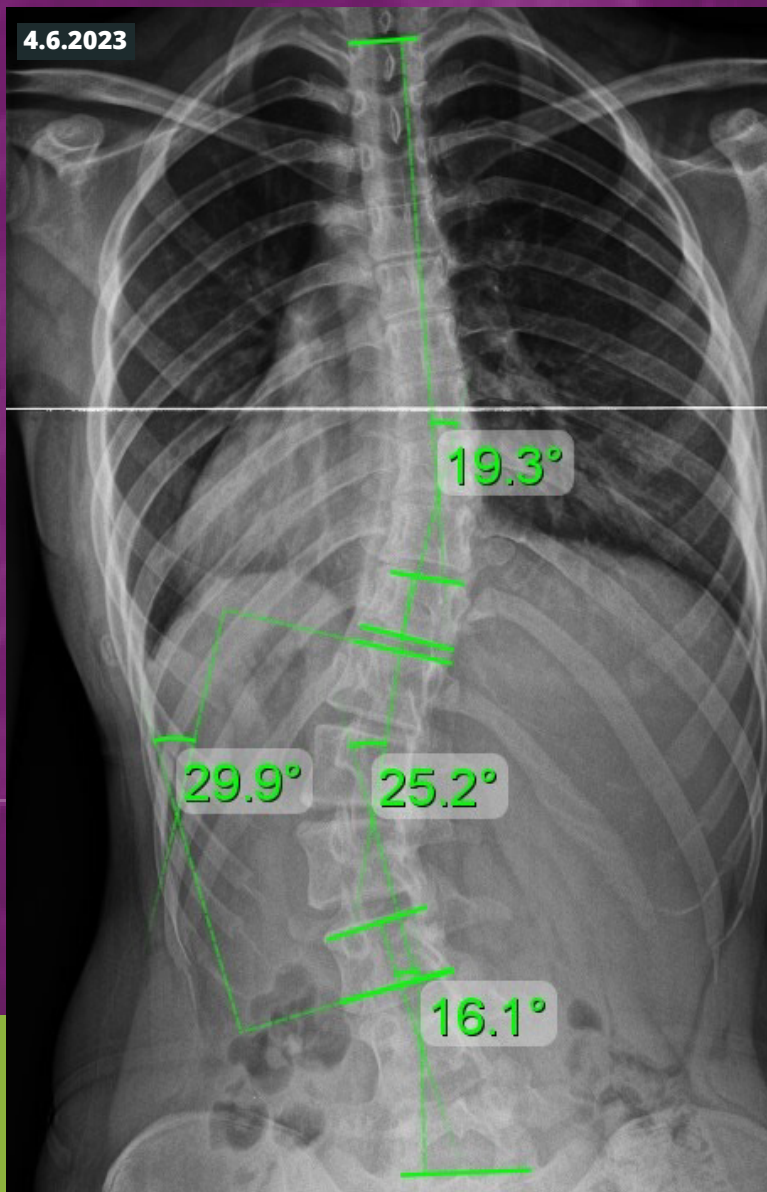
Following continued home care compliance and another remote evaluation, Sophia showed sustained stabilization. Her recommendation was to continue the weaning process and consider a more symmetrical brace to further address her posture and help maintain the progress she had made.

With no new concerns and ongoing adherence to her home care plan, Sophia returned for another in-office evaluation and a new symmetrical ScoliBrace scan. The results showed that she had maintained her correction, and she was able to reduce her in-brace time to 8-12 hours per day.

After another 90 days of consistent home care, Sophia's family submitted a remote evaluation, showing no significant signs of progression. Her recommendation is to continue using the ScoliBrace at night for stabilization and to continue monitoring her progress with another evaluation in 90 days.



Long-Term Results:



Sophia's journey underscores the critical role of consistent care and monitoring in the successful treatment of scoliosis. Through a dedicated combination of intensive therapy and ongoing home care, Sophia achieved significant results. Her scoliosis curve was reduced from 43.3 degrees (severe) to a stabilized 25.2 degrees (moderate), resulting in improved posture and overall spinal health. By maintaining her commitment to the treatment plan, Sophia not only achieved stabilization but also set herself on a path toward a future with minimal home maintenance.

