

Scoliosis Reduction Center Case Study

Name: Adam F.
Type: Idiopathic
Age Group: Adult
Severity: Moderate (25 - 40/45)

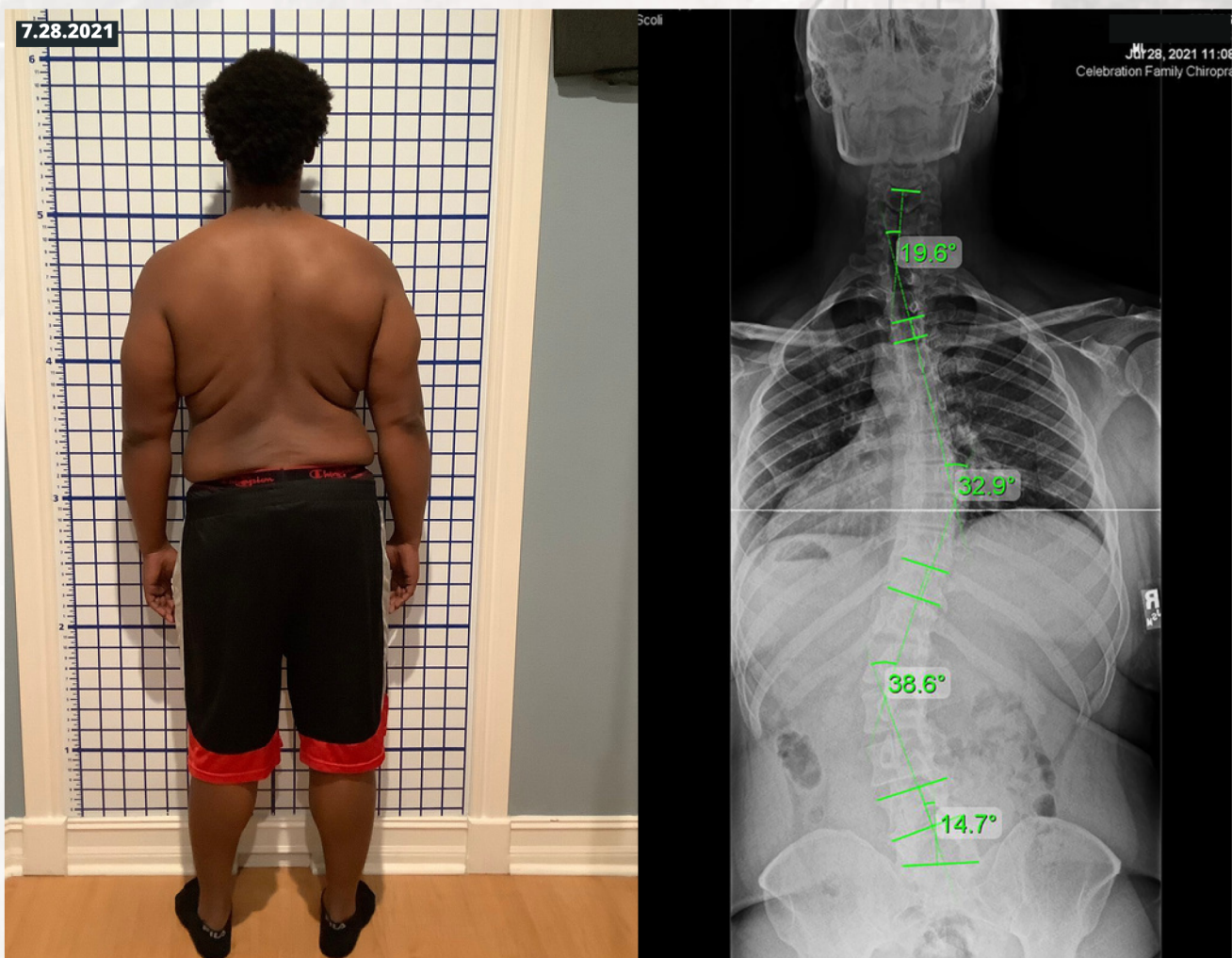
BY DR. TONY NALDA

Initial Evaluation:

38.6 lumbar degree curve, which is considered in the middle of moderate scoliosis

Before Meeting Dr Tony:

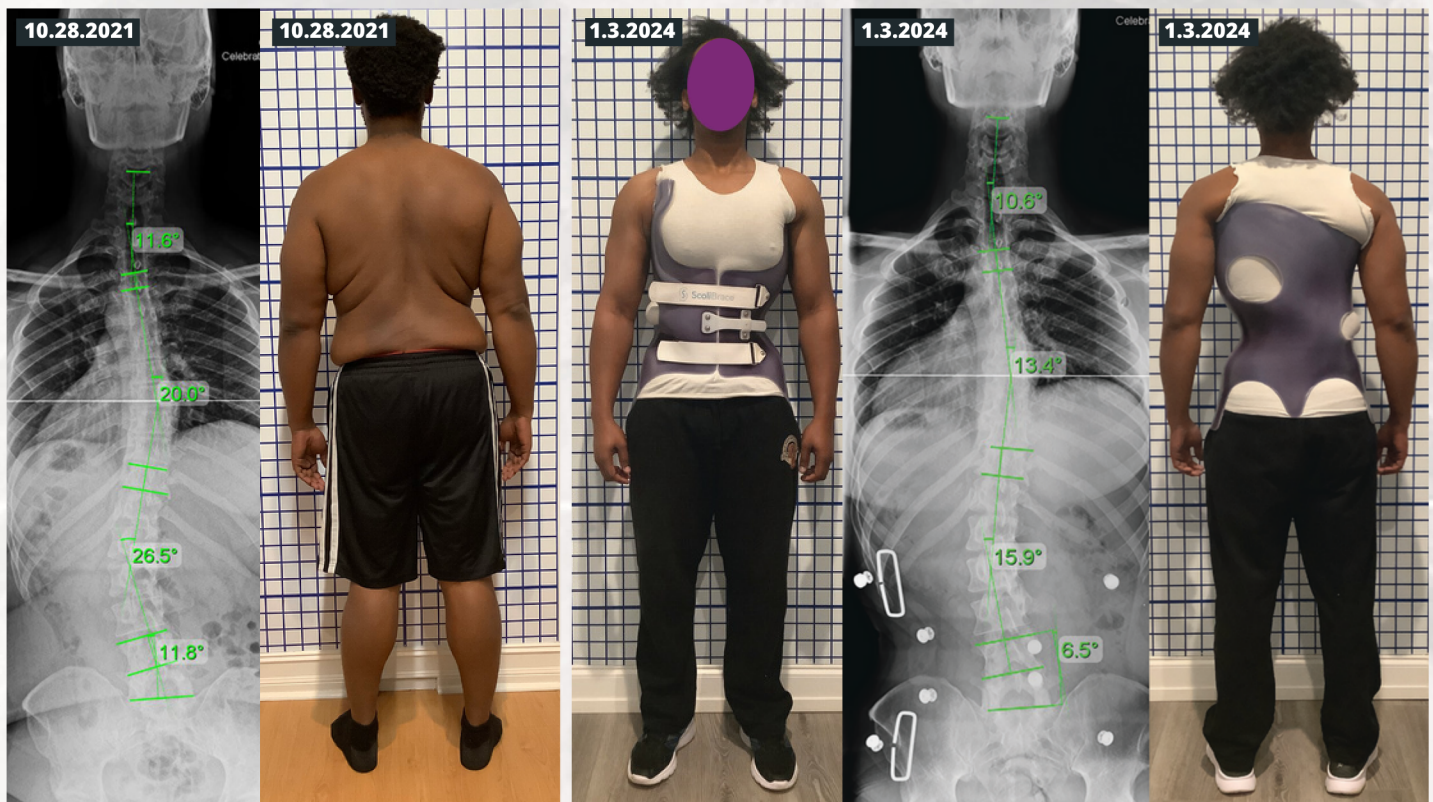
Before meeting Dr. Tony Adam had no previous scoliosis treatment. He was diagnosed with lumbar scoliosis at the age of 13 years old with aching in his neck, upper/mid/LB discomfort, numbness in his left shoulder, hand, and pelvis to his knee. He also experienced chest pain, swollen/painful joints, loss of balance, depression, digestive problems, trouble sleeping, heartburn, and difficulty breathing. He had difficulties completing typical activities of daily living.



After 2 Weeks of Treatment

Challenging Aspects of this Particular Case:

None



Modalities Used:

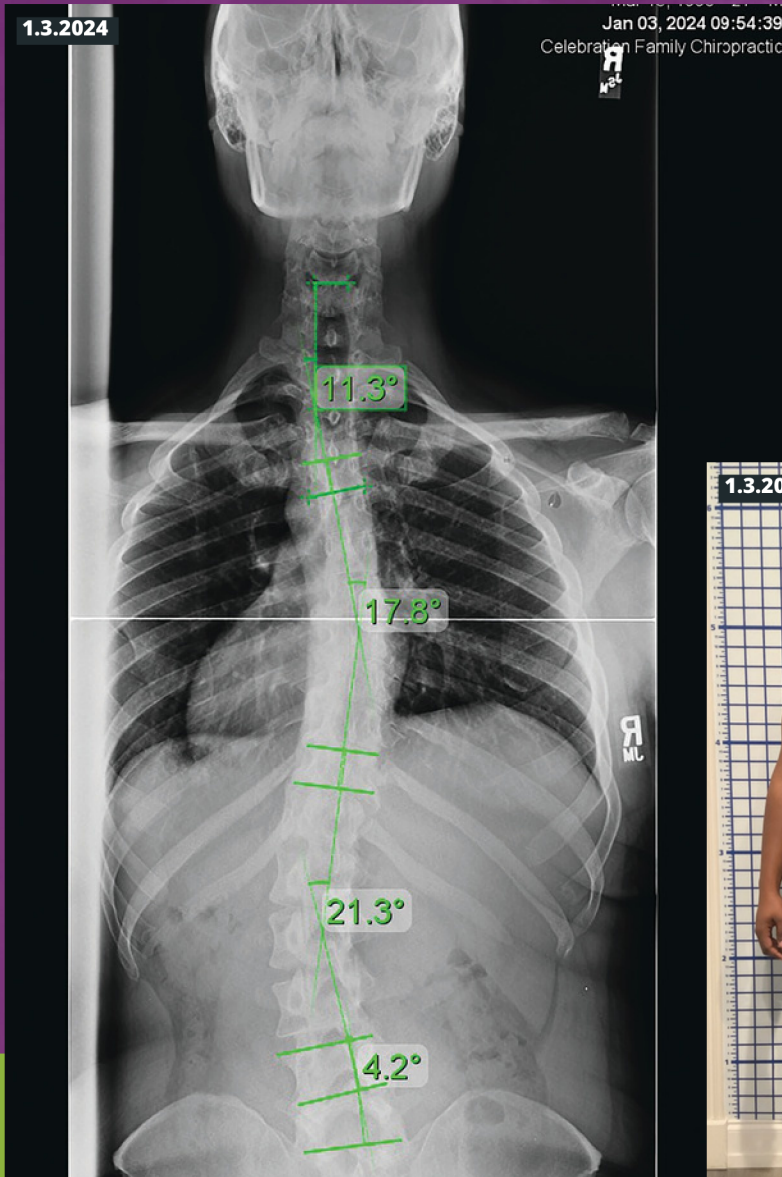
- ◆ **Standing Vibrating Traction** Used to elongate the spine while standing on vibration. The vibration helps to amplify anything we do while on the traction. We can customize this traction using weights and exercises to target specific areas of the spine from the cervical to the lumbar.
- ◆ **Vibrating 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 90 days Adam was re-evaluated and everything was holding well. He continued with his prescribed plan and was re-evaluated again in 6 months and everything was still holding well. Adam decided to proceed with the recommended Scolibrace at this time. 90 days after Adam received his brace he was re-evaluated and experiencing some numbness in his outer quads. His re-evaluation showed his curve had reduced since he started wearing his brace which may have contributed to the numbness. He had his brace modified to reflect the changes. He continued wearing his brace and doing his home care plan for another 4 months before his next evaluation. His next evaluation showed his posture had continued to improve and at this time Adam choose to proceed with a 5-day treatment to try to reduce more. 90 days after his intensive care Adam was re-evaluated showing he was holding his reduction and his posture was much improved. Adam is scheduled for another intensive treatment to reduce the scoliosis further.



Long-Term Results:



Adam started with a 38.6 lumbar scoliosis in July of 2021 and after his last evaluation in January 2024 has reduced to 21.3 degree lumbar scoliosis. Adam's goals are to reduce and get all curves under 10 degrees



Dr. Tony Notes/Nuances/Thoughts

- ◆ He continues to get regular weekly adjustments in our office.
- ◆ His brace wear time is 20 hours a day.
- ◆ He is very compliant following his evaluations to obtain the best results.
- ◆ The patient no longer reports any pain or discomfort.