

# Scoliosis Reduction Center Case Study

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Name: Amber B.

Type: Idiopathic

Age Group: Adult (18-45/55)

Severity: Moderate (25-40/45)

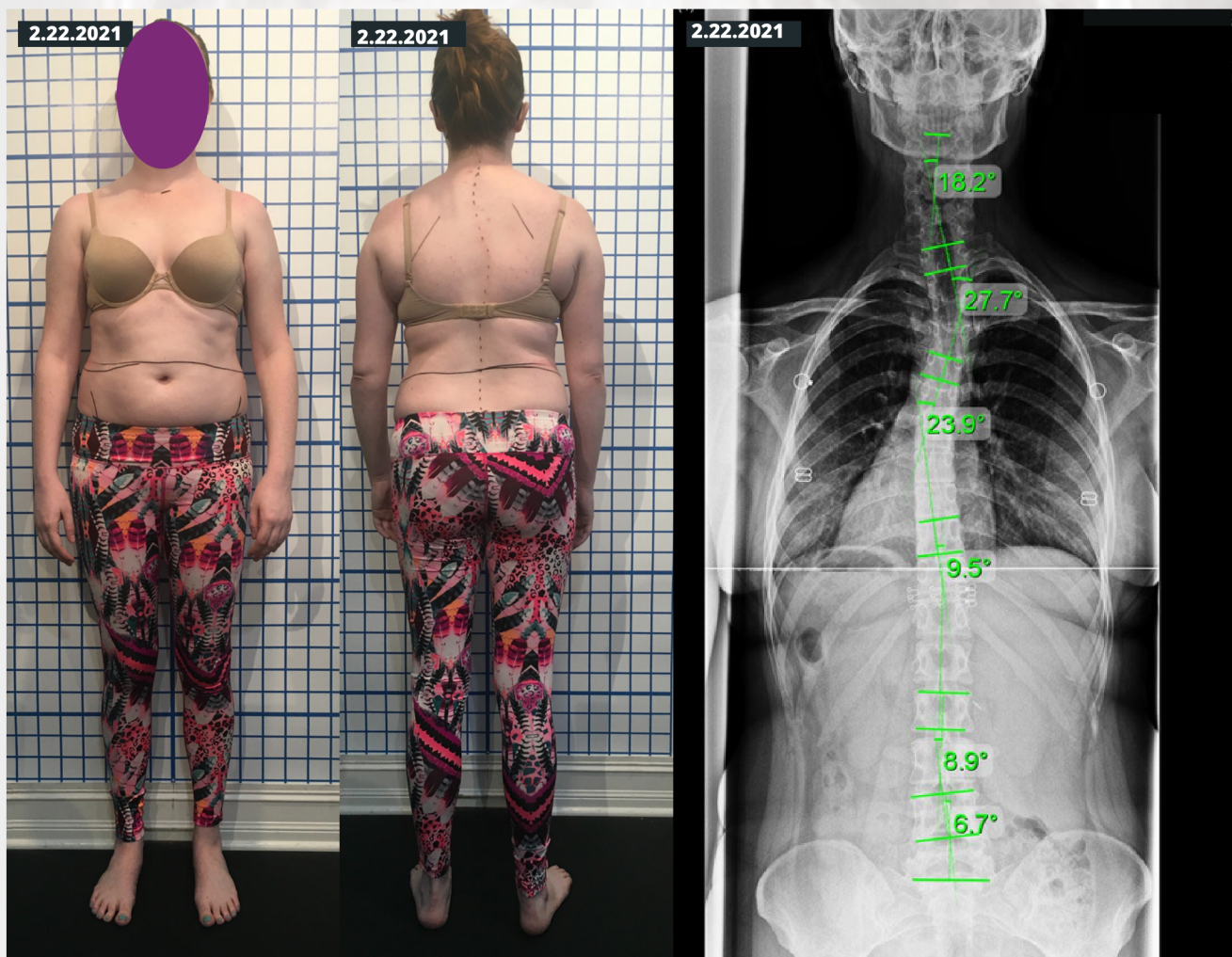
BY DR. TONY NALDA

# Initial Evaluation:

In Amber's initial assessment, a curvature measuring 27.7 degrees was established, indicating a classification within the spectrum of low to moderate scoliosis. This determination was made following a thorough and comprehensive evaluation process.

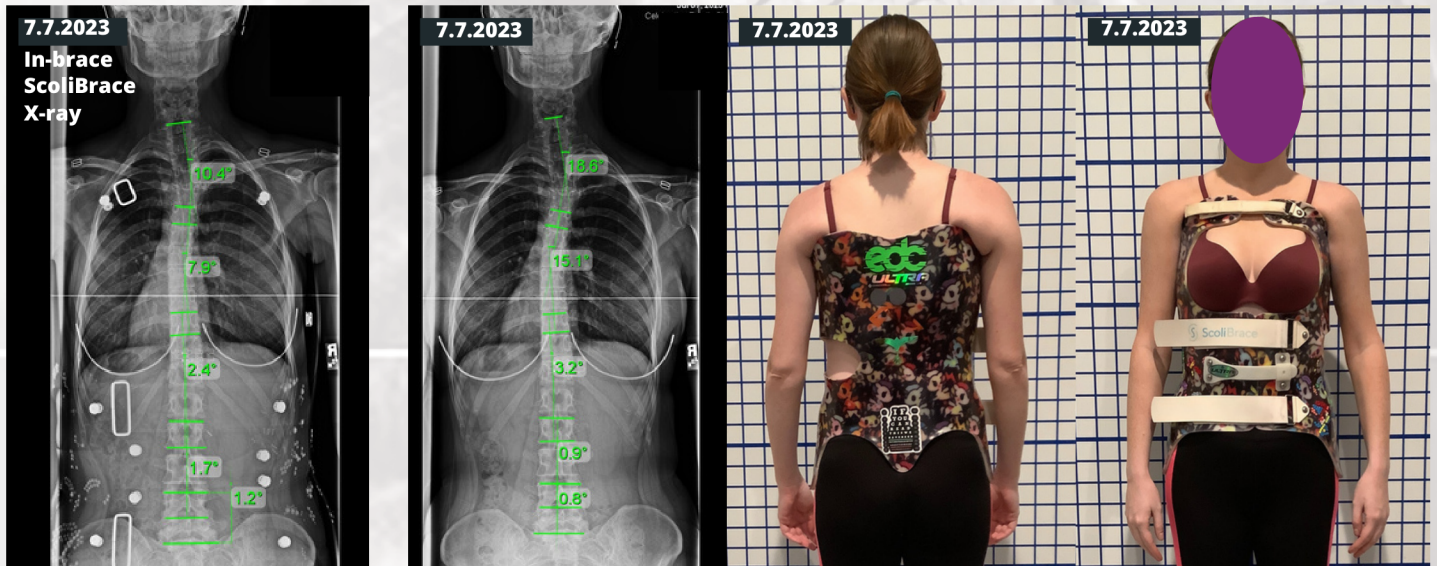
## Before Meeting Dr Tony:

Prior to her consultation with Dr. Tony, Amber faced a series of health challenges, including the removal of a small tumor in 2017 from the L5 area, left shoulder surgeries in 2008 & 2015, and a prolonged period of physical therapy from 2009 -2019 to address episodic relapses and post-surgical adjustments. Following a car accident on Feb 11, 2021, Amber diligently pursued various treatments, including physical therapy, cupping, and exercise prescribed by healthcare professionals, yet found only temporary relief without resolution of her underlying issues.





# Post Treatment:



## Challenging Aspects of this Particular Case:

Amber has encountered instances of vertigo, nausea, and tendonitis in her left shoulder.

## 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.



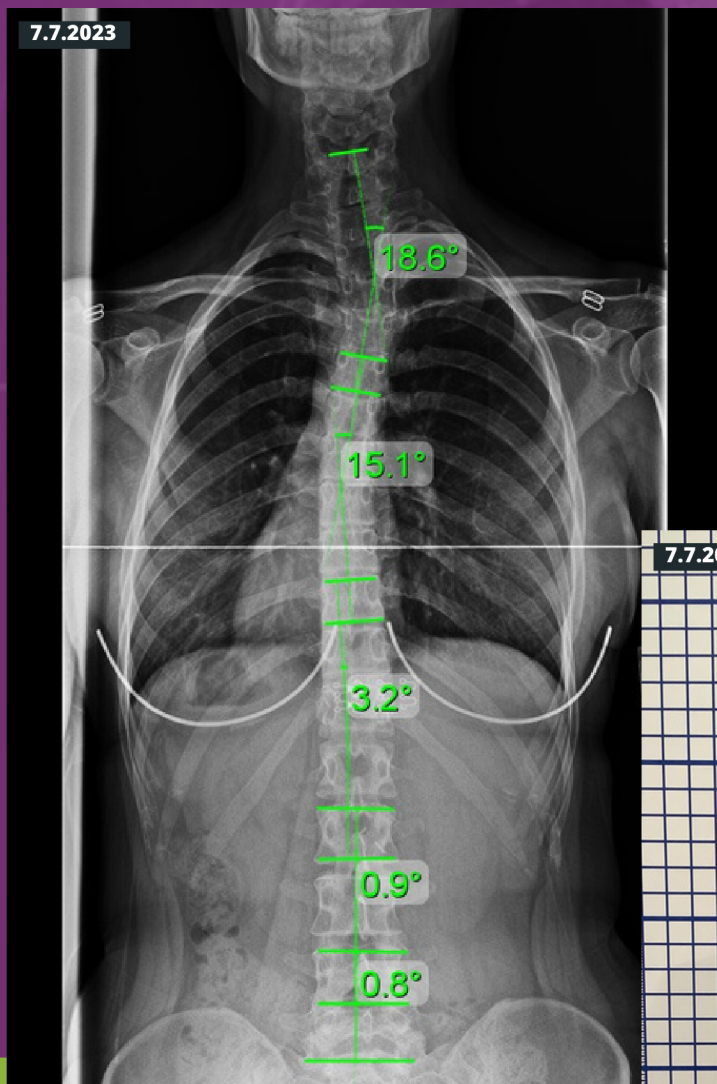
## Re-evaluation Checkpoints:

Following intensive treatment, Amber transitioned to weekly spinal adjustments for wellness maintenance. After a 90-day period, a reevaluation indicated sustained reduction in her scoliosis curvature, accompanied by noticeable improvement in pain levels. Amber maintained her wellness adjustments and home care regimen for an additional 90 days, resulting in continued positive outcomes upon subsequent reevaluation. She diligently adhered to her home care program and received ongoing wellness adjustments until her next evaluation, which reaffirmed the favorable progress observed in previous assessments. This allowed for a reduction in brace time and the initiation of weaning out of her ScoliBrace. Subsequent reevaluations demonstrated ongoing stabilization, enabling Amber to progress further in the weaning process and continue with her home care routine.





## Long-Term Results:



Amber has attained remarkable outcomes through her dedicated adherence to both intensive treatment & home care practices. Initially, she successfully reduced her scoliosis curvature from 27.7 degrees to 21.3 degrees. Subsequently, her steadfast commitment has led to the maintenance of this reduction, further stabilizing her spine at 18.6 degrees.

## Dr. Tony Notes:

As Amber struggled through her initial pain, she also changed her lifestyle and addressed her nutrition and gut health. She is feeling so much better, and has lost 24 lbs, which is aiding in her healing.

