

# Scoliosis Reduction Center® Case Study

Name: Hayden B  
Type: Idiopathic  
Age: Juvenile (10 & under)  
Severity: Severe (40°+)

BY DR. TONY NALDA

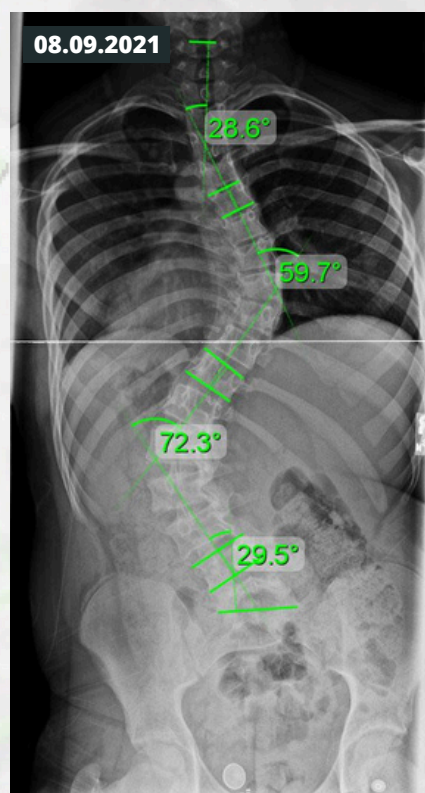
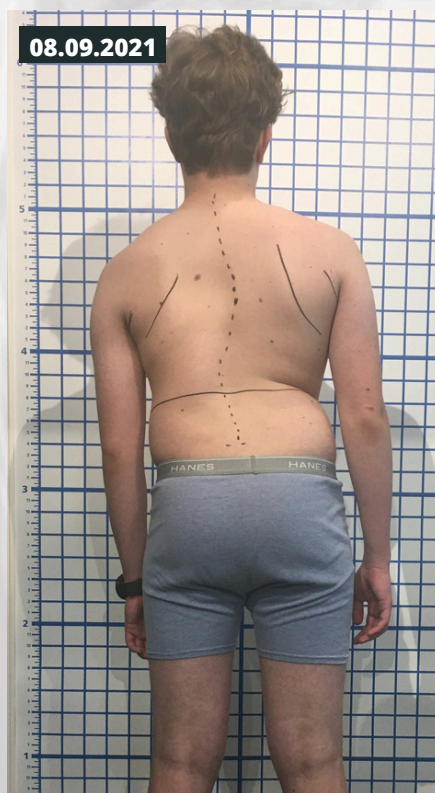
19.0°

# Before Meeting Dr. Tony:

Hayden was first diagnosed with a spinal curvature at the age of 6, following a fall from a pool. X-rays revealed a 15-25 degree curvature, and his chiropractor recommended a "wait-and-see" approach. In addition, occasional leg lifts were suggested to address a shorter left leg.

## Initial Evaluation:

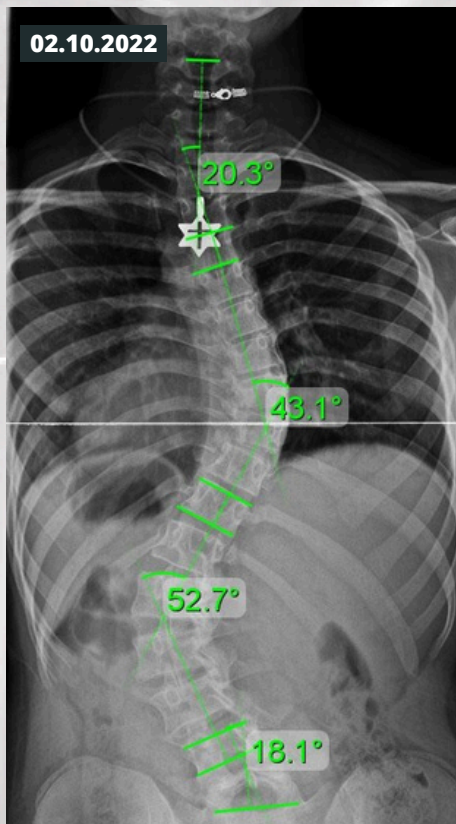
During Hayden's initial evaluation at the Scoliosis Reduction Center®, his scoliosis was measured at 72.3 degrees, classifying it as severe. Hayden reported experiencing significant back pain, limited mobility, and difficulty performing routine daily activities such as carrying groceries, using the computer for extended periods, completing household chores, reading, and concentrating. He also struggled with basic tasks like sleeping, standing, yard work, doing the dishes, and bending over. Additionally, Hayden reported symptoms including headaches, neck pain, mid-back pain, low back pain, dizziness, and blurred vision.



19.0°



# Mid-Treatment



## Challenging Aspects of this Particular Case:

Hayden lives several states away from the clinic, presenting logistical challenges for his 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.



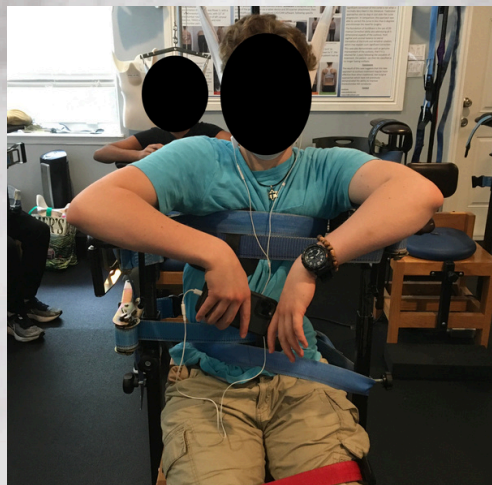
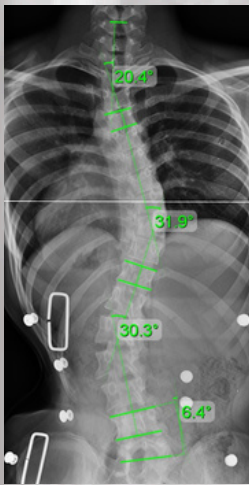
## Re-evaluation Checkpoints:

After Hayden's initial corrective treatment at the Scoliosis Reduction Center®, his scoliosis curve reduced to 57.5 degrees. He returned home to continue wearing his ScoliBrace, performing prescribed home exercises, and receiving weekly chiropractic adjustments.

Following 90 days of home treatment, Hayden provided updated progress details, including an updated summary, x-rays, and posture photos, as requested. His assessment showed significant improvement: his posture had notably improved, the curve was holding steady at a reduced angle, and he was experiencing no pain. Based on these results, Hayden was advised to maintain his current home care plan and return to the center for an additional 5 days of treatment, with the option of brace modifications to further reduce his scoliosis if desired.

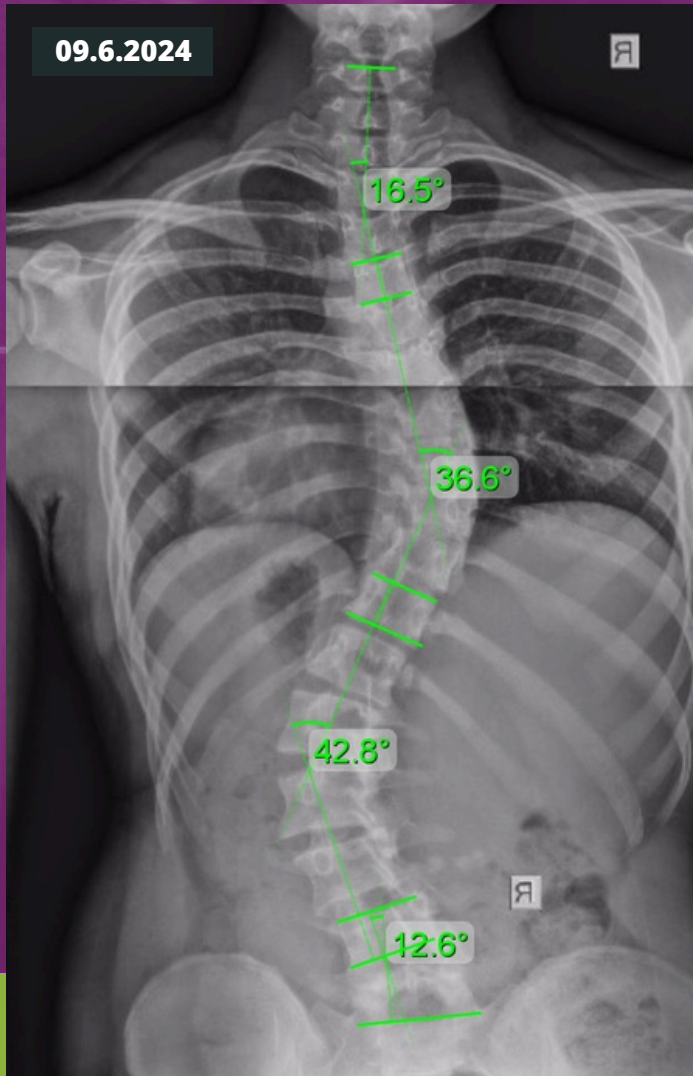
Determined to continue his progress, Hayden returned for another round of treatment, resulting in further reduction of his scoliosis. By consistently following his home therapy plan, wearing his ScoliBrace, and attending regular chiropractic sessions, Hayden was able to maintain his reduced curvature. Local evaluations confirmed continued improvements in his posture and stability of the correction. Based on these positive outcomes, Hayden was encouraged to maintain his current regimen and consider another week of treatment, with a new ScoliBrace, for optimal correction.

After several in-office corrective treatments, consistent ScoliBrace wear, home therapy, and local chiropractic care, Hayden has achieved significant progress. His scoliosis has reduced to 42.8 degrees, he has gained 4.75 inches in height and experienced a healthy weight gain of 9.4 pounds.





## Long-Term Results:



Hayden's dedication to his comprehensive treatment plan—incorporating consistent ScoliBrace use, home exercises, and chiropractic care—has resulted in remarkable long-term outcomes. Throughout his treatment journey, his scoliosis curve was reduced from 72.3 degrees to 42.8 degrees. In addition to this significant reduction, Hayden experienced a 4.75-inch increase in height and a healthy weight gain of 9.4 pounds, gains that would typically be associated with curvature regression. However, despite these changes, his posture continued to improve, and he successfully maintained a stable reduction in his spinal curvature. These achievements have not only enhanced his physical health but also contributed to a marked improvement in his overall quality of life.

10.30.2024

