

Scoliosis Reduction Center[®] Case Study

Name: Kaylie V

Type: Idiopathic

Age: Adolescent (10 - 18)

Severity: Moderate (25° – 40°/45°)

BY DR. TONY NALDA

19.0°

Before Meeting Dr. Tony:

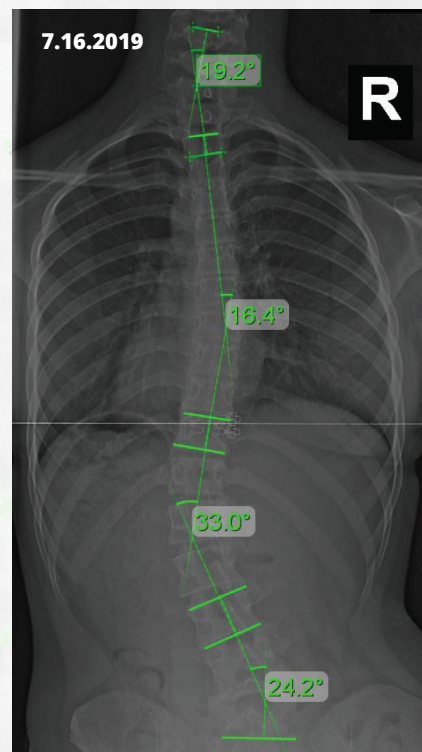
In 2008, Dr. Tony successfully treated Kaylie's sister at his St. Cloud, FL office. Ten years later, in March 2018, Kaylie began noticing uneven hips and sought chiropractic care. She started receiving adjustments twice a week, but after a period of treatment, she felt the results were insufficient and discontinued the sessions. The chiropractor recommended physical therapy at an external facility, but Kaylie's mother, Michelle, preferred a more comprehensive approach—similar to the care Dr. Tony had provided for her other daughter.

A friend then suggested a nearby chiropractor, who recommended treatment three times a week for eight weeks, along with home care. The chiropractor also referred Kaylie to Dr. Tony for further specialized treatment if necessary.

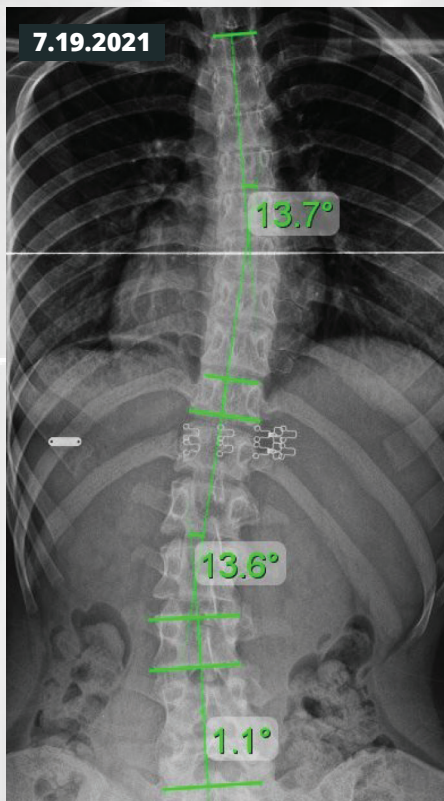
Initial Evaluation:

During her initial assessment at the Scoliosis Reduction Center®, Kaylie's spinal curvature was measured at 33 degrees, categorizing her condition as moderate scoliosis. She reported experiencing a range of symptoms, including lower back, neck, and mid-back pain, as well as hip discomfort. Kaylie also struggled with issues such as limited flexibility, allergies, blurred vision, and difficulty performing everyday tasks. These included carrying groceries, climbing stairs, caring for pets, extended computer use, household chores, lifting children, personal hygiene tasks, standing for long periods, yard work, walking, sweeping, and vacuuming.

After a thorough consultation with Dr. Tony to review potential treatment options, Kaylie and her family decided to pursue a comprehensive plan. This treatment approach included in-office therapies, a custom ScoliBrace, and prescribed home isometric exercises, all tailored to address her scoliosis and improve her overall quality of life.



Mid-Treatment



Challenging Aspects of this Particular Case:

Balancing a busy family life while living 45 minutes away from the office presented scheduling challenges for Kaylie and her family. Coordinating regular visits to the Scoliosis Reduction Center® required careful planning to accommodate their demanding schedules.

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:

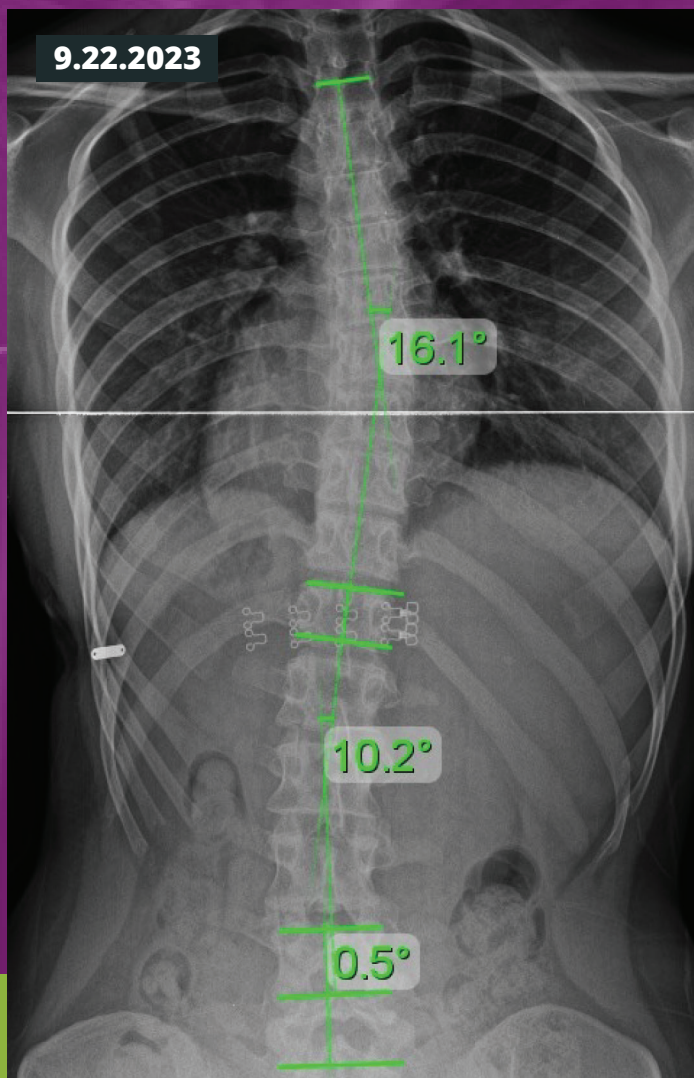
After completing her initial corrective therapy, Kaylie's spinal curvature improved from 33 degrees to 21.9 degrees, classifying her scoliosis as mild. To maintain this progress and support ongoing improvements, Dr. Tony recommended that Kaylie continue with weekly spinal adjustments, home isometric exercises, regular ScoliBrace wear, and a follow-up evaluation in 90 days.

Following 90 days of consistent home care, regular ScoliBrace wear, and weekly spinal adjustments with a local chiropractor, Kaylie returned for a comprehensive evaluation. The results showed continued improvement, with her scoliosis reducing further to 17.6 degrees.

Pleased with her progress, Kaylie opted to maintain her current home care plan and continue with reevaluations every 90 days to monitor her condition. Through consistent care—including home exercises, ScoliBrace use, and spinal adjustments—Kaylie successfully completed her corrective treatment, stabilizing her lumbar scoliosis at 10.2 degrees.



Long-Term Results:



Six and a half years after her initial assessment—and with an additional inch of growth—Kaylie has successfully reduced and stabilized her scoliosis to 10.2 degrees. This lasting improvement was achieved through a comprehensive treatment plan, including corrective in-office therapies, consistent home exercises, regular ScoliBrace use, and chiropractic care. Kaylie is now maintaining her progress with minimal home care exercises and periodic follow-up evaluations every 6 to 12 months.

