

Scoliosis Reduction Center Case Study

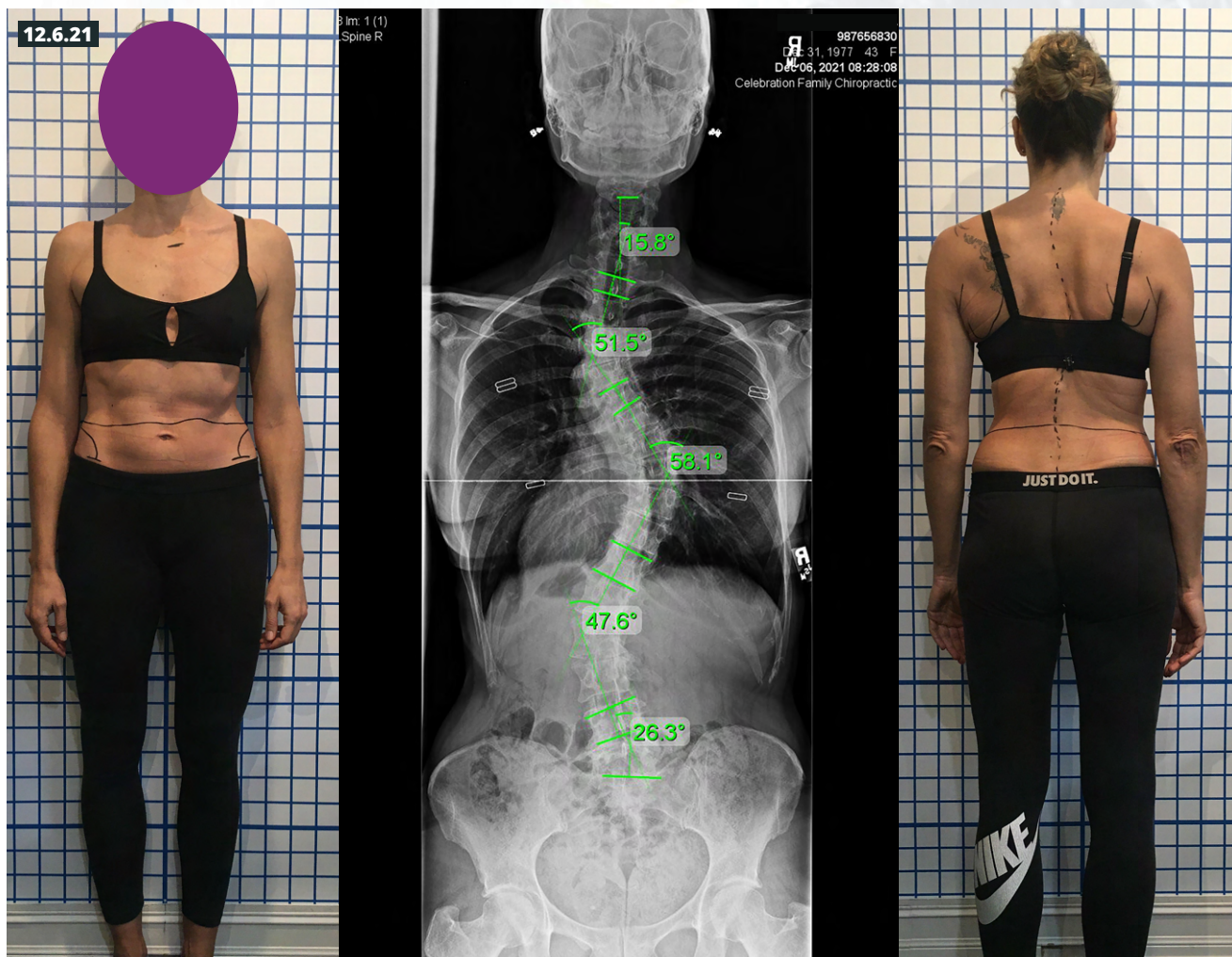
Name: Vanda M.
Type: Idiopathic
Age: Adult
Severity: Severe Scoliosis (45°+)

BY DR. TONY NALDA

Initial Evaluation: 58.1° Thoracic Curve (Severe)

Before Meeting Dr Tony:

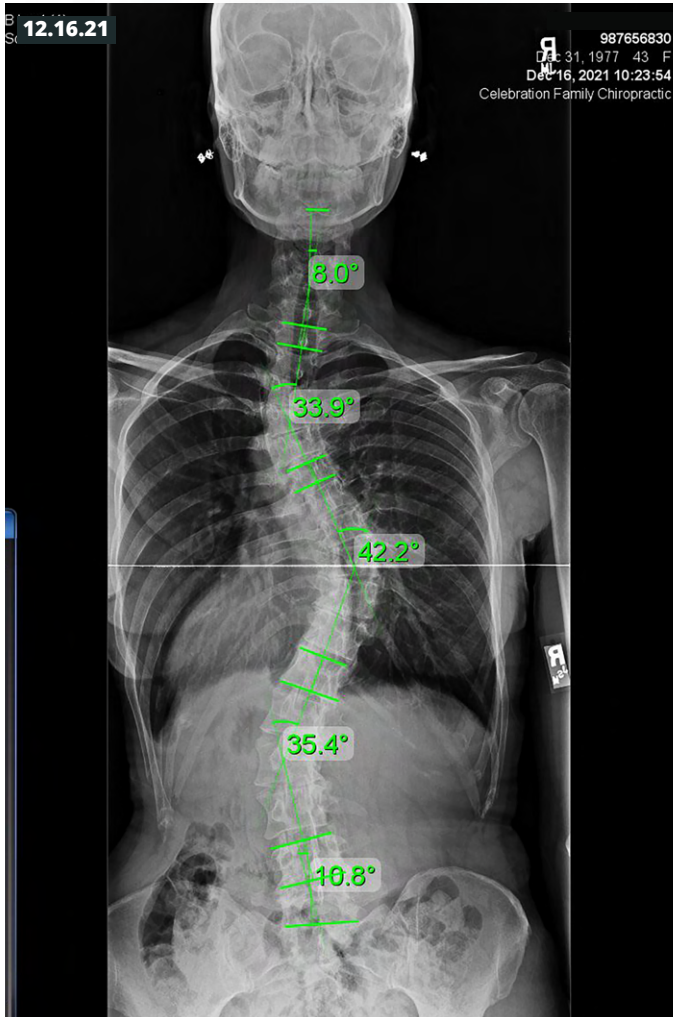
Vanda is a personal trainer and works out regularly to help keep from being in pain. After being told to wait and see and her curves worsening, she sought treatment with a scoliosis specialist for 4 years utilizing the Boston Brace to stabilize her curve. She was also seeing a rehab clinic in Croatia for routine visits to strengthen her inner soles and specific exercises for her scoliosis.



After 2 Weeks of Treatment

Challenging Aspects of this Particular Case:

Vanda lives in Santa Eulalia Del Rio, Ibiza, Spain

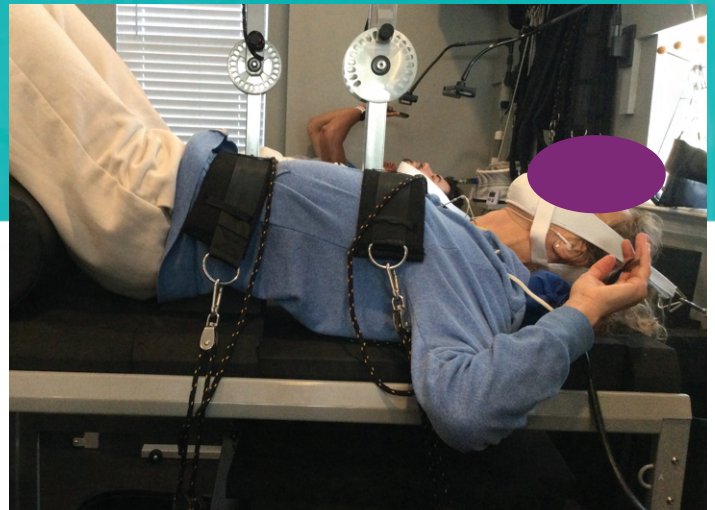
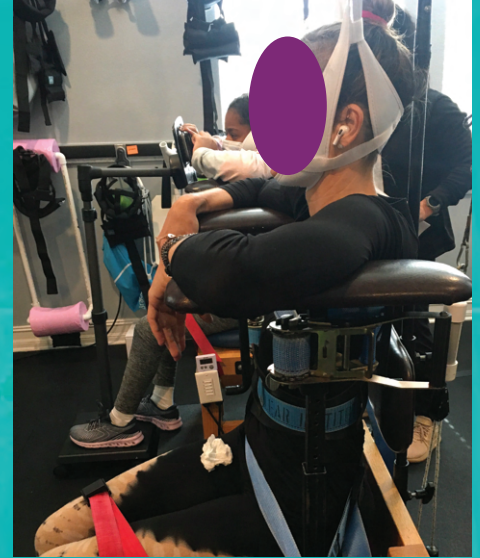


Treatment Modalities Used:

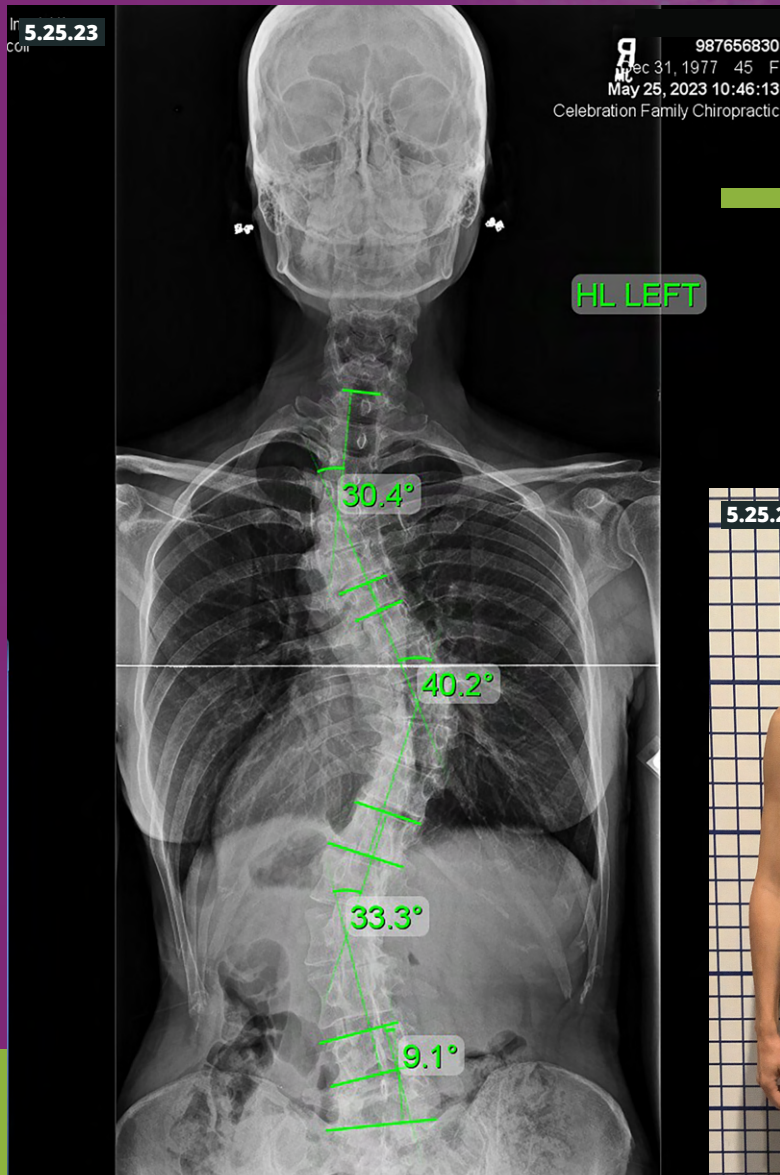
- ◆ **Standing Vibrating Traction** Used to elongate the spine while standing on vibration. The vibration helps to amplify anything we do while on the traction. We can customize this traction using weights and exercises to target specific areas of the spine from the cervical to the lumbar.
- ◆ **Vibrating 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 associate.

Re-evaluation Checkpoints:

Vanda has been re-evaluated every 90 days and completed 3 intensive sessions with success in reducing her curvature. She has moved to the stabilizing phase of treatment after her last intensive session and continuing with yearly evaluations to monitor. Vanda is wearing her brace minimally each day to assist in holding her correction.



Long-Term Results:



Vanda has reduced her curve to 40.2 degrees in roughly 1.5 years.

