

ADOLESCENT IDIOPATHIC SCOLIOSIS

OBJECTIVE:

To describe reduction of adolescent idiopathic scoliosis (AIS), other spinal curves, postural faults, state of well-being and musculoskeletal complaints in a patient using Torque Release Technique (TRT) protocol.



CLINICAL FEATURES:

A 21-year-old female with complaints of low back pain with radiating numbness into legs and feet when lying supine and headaches. The patient's diagnosis of AIS was confirmed via radiographic imaging. Radiographs showed a C-shaped thoracolumbar levoscoliosis of 20 degrees, thoracic hyperkyphosis of 63 degrees, lumbar hyperlordosis of 70 degrees, and postural fault of high right ilium height of 5mm. Exam revealed vertebral subluxations using the TRT protocol, and Dysautonomia via COREscore™ subluxation analysis by way of thermal scan, surface electromyography, and heart rate variability.

INTERVENTION AND OUTCOMES:

Post-x-rays taken after five months of care (62 visits) showed reduction of the scoliotic curve from 20 degrees to 12.5 degrees, reduction of thoracic hyperkyphosis from 63 degrees to 40 degrees, reduction of lumbar hyperlordosis from 70 degrees to 65 degrees and improvement in postural fault of high right ilium from 5mm to 2mm. Final subluxation analysis after seven months of TRT care showed an overall COREscore™ improvement of 19% from 66/100 to 85/100. She experienced improvement of over 50% in state of well-being and physical complaints through interpretation of Revised Oswestry Back Pain Disability Index (RODI) which was initially 32% and at the end of care was 14%.

CONCLUSIONS:

The results of this case study suggest that chiropractic adjustments using a non-linear tonal model, Torque Release Technique, can help reduce the scoliotic curvature of the spine of a female with adolescent idiopathic scoliosis, improve other attending or compensatory curves and postural faults, as well as improve state of well-being and musculoskeletal complaints.

SUBLUXATION CONNECTION

Scoliosis is described as a twisting and bending of the spine. It can become severe enough to affect the function of the internal organs as well as the spine and its nerve connections. Chiropractors have developed excellent strategies to reduce the impact of scoliosis on the spine and overall health. A non-force technique was used to release and assist the body in reshaping itself naturally. The use of the INSIGHT and the CORESCORE are reviewed in this case's outcome.

