

NON-INVASIVE TREATMENT FOR SCOLIOSIS

BY LAURA LEE CARTER

The Spine Correction Center of the Rockies represents the very best in non-invasive, non-surgical treatment for scoliosis and disc disorders. Michael Farrell, D.C., and April Cardwell, D.C., are among the less than two percent of doctors who have received advanced training and certification from the CLEAR institute, a non-profit organization formed to empower the chiropractic and medical community with the mission of implementing an effective system of scoliosis treatment.

Scoliosis is a condition affecting 4.5 percent of the population that causes curvature of the spine greater than 10 degrees when viewed from the front. It can cause symptoms of back pain, headaches, fatigue, and in severe cases, digestive symptoms and breathing difficulties. The condition affects women more often than men and is generally diagnosed during the teen years. The disease can be progressive, with curves continuing to advance even after the patient has finished growing. There is a misconception that scoliosis will stop once the person has finished puberty, yet the latest research has shown curves can continue to progress at a rate of one to three degrees per year after growth has ended. It has been shown that scoliosis may decrease a person's lifespan by up to 14 years if not treated.

Dr. Farrell and Dr. Cardwell have been able to treat and successfully reduce the curvature of the spine in patients ranging in age from preteen to those in their 80's. "While catching scoliosis earlier in life may allow for easier correction," notes Dr. Farrell, "fantastic results can be obtained by patients into their 70's and 80's. The effectiveness of this new procedure is profound. To date, there has not been a scoliosis patient that we have not been able to make a positive impact on their ability to function."

Linda Williams, a patient with adult onset scoliosis, first came to the Spine Correction Center of the Rockies in July 2008. She began treatment when she learned they offered non-invasive methods. Previously, Williams had been told by several doctors there was no treatment for her painful condition. She had reached a point where she could no longer enjoy her day-to-day activities. "I feel great now," Williams says, "My spine curvature has been reduced by 60 percent. I could not have imagined I would have these kinds of results. I love the atmosphere at the clinic and plan to keep coming here because I've seen so much improvement." She continues, "I even went for a walk a few weeks ago without the use of my trekking poles for support. I didn't believe I would be able to do that again. I walked for 20 minutes without pain, now that's improvement!" Williams can now get back to her yard work and daily walks, thanks to Dr. Cardwell.

Statistics show that back pain accounts for almost 80 percent of doctors' visits each year in the United States. There are many causes for back pain, including osteoporosis, spinal stenosis, scoliosis, disc herniation, bulging discs, muscle spasms, and arthritis. Spine Correction Center of the Rockies has been able to relieve and eliminate pain for patients suffering from all of these conditions. Along with their CLEAR certification training in scoliosis, they also specialize in decompression treatment, which allows them to help disc disorders.

Decompression therapy, discovered by NASA, is FDA-approved for the treatment of disc disorders. Decompression allows the spine to alleviate the pressure on the discs, helping them regenerate and heal during treatment. Patients usually see a significant

decrease in pain levels within just two weeks of treatments. Decompression is also extremely effective for other conditions such as carpal tunnel syndrome, migraine or severe headaches, and tingling and numbness in limbs.

“Patients’ symptoms differ greatly,” Dr. Cardwell explains, “but the most common we see are electric shock pain that typically goes into the arms when the disc issue is in the neck and into the legs when the issue is in the lower back. Along with pain, there can be muscle weakness from the lack of nerve energy to that muscle or surrounding areas. Most patients can avoid surgery, prolonged use of medications, and a lifetime of pain with spinal decompression therapy.”

Medical journal research has placed the effectiveness of spinal disc decompression therapy at 75 to 92 percent with a relapse rate of two percent. “In addition to keeping people out of surgery, we are helping people that have already had surgery and are still suffering with chronic pain. It is fulfilling as a doctor to see lives changed and get them back to the life they want to live. It makes me feel good when I go home to know that what we do is helping so many people.” says Dr. Cardwell.

Patient Lou Hall was treated at Spine Correction Center of the Rockies for scoliosis and says, “When I began treatment with Dr. Farrell I was hoping to straighten and strengthen my spine and reduce the chronic pain that comes with scoliosis. Along with achieving these goals came an unexpected added bonus – a new lease on life. I was unaware how many aspects of my life were affected by the pain of my scoliosis. My treatment not only helped my scoliosis but it significantly improved the quality of my life.”

“The ability to provide this new treatment for scoliosis and disc disorders has a very significant meaning to me as a physician. It is fantastic to see patients able to resolve their conditions without the invasiveness of surgery or bracing, which can sometimes result in severe disability. I love what we are able to accomplish and hope to be able to continue healing and restoring the quality of my patients’ lives,” Dr. Farrell says.

For more information on the innovative, non-invasive treatments provided at Spine Correction Center of the Rockies visit their Website at:
www.spinecorrectioncenter.com.