

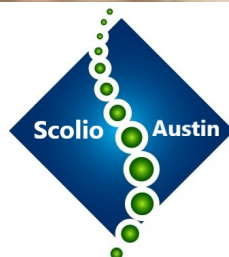
# 5 CRITICAL Questions

you **MUST ASK**  
BEFORE SEEKING TREATMENT FOR  
Your **SCOLIOSIS**



**FREE REPORT!**

**Provided by: Danielle Vernon, PT**



*Schroth Scoliosis Therapy*  
Educate. Understand. Transform

# About the Author: Danielle Vernon

Since graduating in 2000 from the University of Alberta, Canada, with her degree in Physical Therapy, Danielle has become passionate in treating orthopedic injuries and conditions. She has learned a vast array of techniques to help those with orthopedic and spine problems get back to the activities and things they love while reducing their need for pain medication and other invasive treatments.

Danielle has a special interest in treating scoliosis and is the only therapy in Texas to have received dual certification from both the original German Method (ISST) and the more modern, advanced Barcelona Method (BSPTS) in the conservative treatment of scoliosis using [the Schroth Method](#). In 2018, she opened up [ScolioAustin](#), the only Scoliosis Treatment Center in Austin. She works closely with orthotists in Austin as well as hosting brace clinics in cooperation with [Align Clinics who specialize in the WCR brace](#). In addition to this, she has spent years perfecting return to work and sport programs that help adults with scoliosis-related back, neck and shoulder pain reduce their pain and heal more effectively with less risk of recurring pain in the future.

Sponsoring the Spinehope Charity, that provides spinal surgery and recovery for children from 3rd world countries, and working with "Curvy Girls", that provides support for teenage girls with scoliosis, Danielle continues to provide support and education in her local community to help people thrive. Along with co-authoring a book on body weight exercises, a short stint as the physical therapist for the Women's LPGA in 2006 and the Chilean National Cricket team in 2007, Danielle has helped both athletes and workers alike improve their health and performance in their activity of choice. She has also been involved in the treatment of dancers and gymnasts, along with other high-level athletes.

With the growing crisis with pain medication, and the high prevalence of chronic back and neck pain in scoliosis patients, she has worked diligently with local physicians and pediatricians to help the community become more attentive to how important scoliosis detection, early intervention and conservative treatment is to stopping the cycle of pain and curve progression at any age. No longer are we willing to accept a "wait and see" attitude. If nothing is done, nothing will ever change.

Since 2018, [ScolioAustin](#) has been rapidly growing and continues to be on the cutting edge of scoliosis and postural care. We are here to help ensure that our patient's spines remains healthy and strong at any stage of it's life.

## Introduction

In this Special Report, I will share the top 5 questions you should ask yourself before seeking treatment for you or your child's scoliosis. Asking these questions before receiving treatment will help you avoid common mistakes when choosing what direction to go or wasting precious time.

In life, nearly all of us will end up seeking treatment for something that isn't going away on its own. The problem is there is so much information out there it's very difficult to know how to make the right decisions if you don't know the right questions to ask. So, the key to finding the best solution and treatment is to understand what the key questions are so you can be guided to the option that is right for you.

Candidly, I do not know you, what specific problems you are looking for answers to or what specific route you should take for this problem.

But imagine ... how would it feel to be able to understand more clearly why you're choosing a treatment and how to choose that treatment for your condition, rather than spending money and time on trial and error, or on something not as effective? Knowing these key things will help you get back on track faster.

So, here's my challenge to you ... ask these questions and make the best decision possible for your health. It won't take long, and it won't cost you anything other than a few minutes of your time.

# 5 **Critical** Questions You **MUST ASK** Before Seeking Treatment for your **SCOLIOSIS!**

## 1. **Is the treatment appropriate and necessary? Do I REALLY need surgery or maybe something totally different?**

In our society, it's too easy to seek the "quick fix". Pills for this. An injection for that. We think we don't have time for conservative treatment but yet most will admit they don't want to waste unnecessary time when it comes to their health. Too often patients tell me that they'd rather get "a shot" for that back pain and "just get it over with" than thinking about how this "quick fix" may just be a short-term solution to a long-term problem. Not researching the "right" answer will always lead to short cuts and poor lasting outcomes. The answer to taking pain medication is almost always a "NO". Our bodies are amazing at healing themselves, given the right environment and follow through. When we treat a problem with pain medications and nothing else, we are not dealing with the actual problem so it will rarely have a lasting result. One patient told me "my doctor said my spine will likely need surgery but I should just wait and see if it progresses more". What??? That's crazy? Why would you wait until your spine is worse and you actually ARE a surgical candidate? Sure, surgery can be indicated and necessary in some cases, but most of the time there are many things we can do before using that LAST resort option. Don't you want to feel you have done everything possible before going down this road?

When looking for a solution to your pain or curve reduction, make sure you are not jumping up the ladder to something that may not be necessary or appropriate. Along with that, make sure you consult with knowledgeable and skilled professionals that are uniquely educated in scoliosis conditions that can help you decide what is appropriate and necessary. Read on to learn about an option you have of discussing your problem with a qualified health professional.

## 2. **Does this solution get at the Root Problem or just treat the symptoms of the problem?**

This goes along with number one. When looking for a treatment solution, make sure it is addressing the underlying problem which is usually the curve, not the peripheral location that is often where the pain is being felt.

For example, treating shoulder pain that is stopping you from exercising with a cortisone injection may not be getting at the underlying problem of a compensatory curve coming from the neck or a primary curve that is weakening your shoulder blade. A cortisone injection just reduces the inflammation and swelling and can make it feel better, but why is it inflamed and swollen in the first place?

There are many factors that can influence pain such as weakness, posture, tightness, balance, along with many others. In the previous example, the underlying issue could most definitely be your postural alignment or curve progression from day to day activities that continue to collapse your spine. Research has shown us that even the most stable curves can progress .5 to 1 degree per year. If those underlying issues are not addressed in all 3 planes (most therapies only address 2 planes of movement), how do we expect to solve the problem?

Make sure you are working with someone who understands not just your body's anatomy, but the mechanics of the scoliotic spine and how to address the REAL cause without causing more damage. Understanding body asymmetry as well as how to educate you on adjustments to your sleeping, sitting, standing and walking will give you the most complete picture of how to improve your curve and stop its progression.

### **3. What are YOU willing to do to fix your problem? Are you ready to work to get the results you want?**

Scoliosis treatment is not a quick fix or an easy road. It will take time and dedication of the right program and good compliance between sessions to get that improvement that you're looking for before your next x-ray. There are many places out there advertising they will "fix" your scoliosis, or "cure" your curved spine. If you read this, my advice to is....Run!

Honestly, I don't know of any self-respecting therapist who would ever tell you they couldn't work with you but, sadly, this is more ego talking than skill. I'm not saying this comes from a place of malice. Quite the opposite. As a trained physical therapist, we all want to think we can handle everything and we would never want to let our patients down by admitting we weren't good at something. Unfortunately, therapists that haven't spent the time and education to understand scoliosis specifically are just going to end up doing "trial and error" with your spine. Sometimes their treatments may work but, mostly, it ends up being ineffective and, worse case scenario, it makes your pain worse. Conversely, this goes for the patient as well. You've heard of the old adage "You can lead a horse to water....". The most successful patients I see are those who take control of their own health and faithfully do their prescribed Schroth exercises and alignment strategies at home to reduce the impact of their curve on a daily basis. I am not saying it is easy to do this, but it is the most effective way to achieve lasting results.

One of my main specialties, scoliosis, is a perfect example of this. Scoliosis develops over months, years, or even decades, and our bodies adapt and compensate for it. In order to change the scoliosis posture and cause lasting, lifelong benefits, it will take a lot of work and consistent practice. When choosing a physical therapist to treat your scoliosis, make sure they are as dedicated, experienced and knowledgeable about your scoliosis as you are committed to improving it.

No matter how you look at it, Scoliosis is progressive so the sooner you learn how to adapt to it, the stronger you will be. How can we expect to fix a problem that has developed over weeks, months, or years, with something passive that does not address the real issues? Everything else in life takes work, so why not our health? If you are ready to take control of your health and are willing to put in the time and effort it will take, then you are ready to get results.

When choosing a solution to your problem, make sure those professionals treating you are specifically educated and as committed to your health as you are.

## 4. Who will I see and how much time will be spent with me?

It seems like time spent with patients is becoming shorter and shorter these days. In many practices, longer wait times and less time with the physician are just facts of life. It is not uncommon to hear about patients only seeing the doctor for 5 minutes.

Sadly, with the state of insurance and reimbursements, Physical Therapy and Chiropractic clinics are not immune to this problem. Many practices see more patients for shorter time and utilize techs and aides more to treat the patients to meet productivity and revenue quotas.

This is in part driven by our complicated and ineffective insurance system. Physicians and Physical Therapists are being paid less and less by insurance companies resulting in seeing more patients in the same amount of time to make more revenue. The result is overcrowded practices where you don't actually see the therapist you are actually there to see or if you do, you see them for the initial evaluation and then see an assistant for the rest of the treatment sessions. How do we expect to maintain the same quality of care with that model? Where is the consistency and the effectiveness of working with a therapist who follows you from start to finish? Where is the efficacy in treatment that comes with spending 45 minutes to an hour on dedication to your understanding and not rushing through a session?

The solution is to find a practice that puts your needs first. Make sure your therapist is experienced and certified in Scoliosis Methods such as Schroth, will be there at each session, has time to spend with you and won't be overlapping with other patients.

## 5. Are the professionals I am seeking skilled in my problem? Is this something they are comfortable treating or just willing to?

Most Physical Therapists in outpatient practice have enough understanding of common orthopedic problems to treat many of the common orthopedic issues. As you get into more complex or specific issues though, the more the need for specialized care grows. It makes sense that if you need back surgery, you would go to a surgeon who does surgery on the spine and not one who does dermatology.

The same goes for Physical Therapy. Specializing in specific areas allows us to stay up on current techniques and then provide those specialized treatments to our patients. For example, in scoliosis-specific certifications, The ISST or Barcelona Schools that teach the Schroth Method take years to achieve and are only attainable by licensed physical therapists. Compare this to The Best Practice Method which is a watered down version of the Original Schroth Method that only takes a weekend, teaches only 4 basic scoliosis specific exercises and can be achieved by anyone, medically trained or not. I am definitely not intending to bash other professionals that want to expand their knowledge but, if it was me, I would want someone to treat my spine who has the time, education and experience invested in the scoliosis niche if I'm going to entrust my future health to them.

This realization hit me the hardest when I started to treat spinal deformities. I had received my McKenzie and NAIOMT certifications and had been treating spine for over 15 years with good success. Prior to opening ScolioAustin, I decided to get more education and become certified in the ISST and BSPTS Schroth Methods to improve my scoliosis treatment techniques.

As I sat through those courses, I realized the way I had been treating patients with spinal deformities (scoliosis, kyphosis, degenerative curves, etc) was definitely not “specialized”, and this showed in how much less often I was able to resolve my patient's pain complaints. Going forward, I made a commitment to always bring the BEST treatment techniques that I could to my patients and this prompted me to open ScolioAustin.

Make sure the professionals you are seeking out to help you with YOUR unique problem are skilled in YOUR diagnosis and have experience with it. Everyone has good intentions but experience and scoliosis-specific knowledge makes a HUGE difference.

## Conclusion

Asking the 5 questions above will help you save time and avoid trial and error in finding the right solution to your scoliosis treatment. As more patients become consumers and take a pro-active role in their health instead of following the traditional "wait and see" method, we will hopefully see changes in the quality of healthcare as a whole. Until then, be your own advocate and make sure you are asking the right questions so you can ensure you are getting the right care for lifelong changes.

*See below for information on our commitment to you at ScolioAustin!*

## Our Commitment to YOU!

At [ScolioAustin](#) we are committed to helping you identify the root of your pain complaints and treat your scoliosis and strength imbalances, so you feel confident that you are doing everything possible to help correct, reduce or arrest your curve progression. **We do this by:**

- ✓ Making sure treatment is one-on-one with a therapist who specializes in the Schroth Method!
- ✓ Providing the most up to date and cutting-edge treatments for scoliosis and spine deformity.
- ✓ Focusing on the scoliosis-specific activities you NEED to learn while in therapy instead of just running through "Core" exercises you already know.
- ✓ Utilizing effective communication with your physician to keep them aware of your progress and of any concerns.
- ✓ Using skilled manual therapy, functional education and neuromuscular re-education techniques to improve the stability of your spine and provide a uniquely designed program for life-long improvements.
- ✓ Allowing for easy, consistent communication between ScolioAustin and you using text and email to minimize confusion and improve outcomes.

We are committed to helping you improve YOUR specific curve and will do our best to help you meet YOUR goals.

If you want more information on what the Schroth Method can do for you, we welcome you to schedule a **Free Telephone or Zoom Discovery visit** with Danielle. Click [HERE](#) to request yours!

*I look forward to helping you meet your goals!*

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