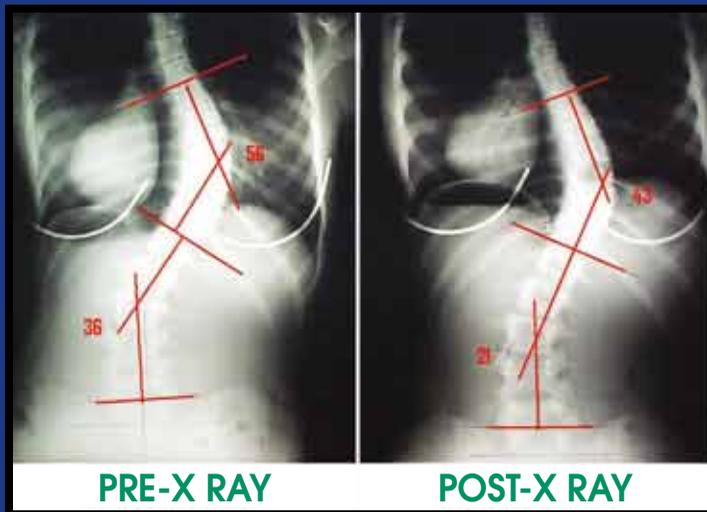
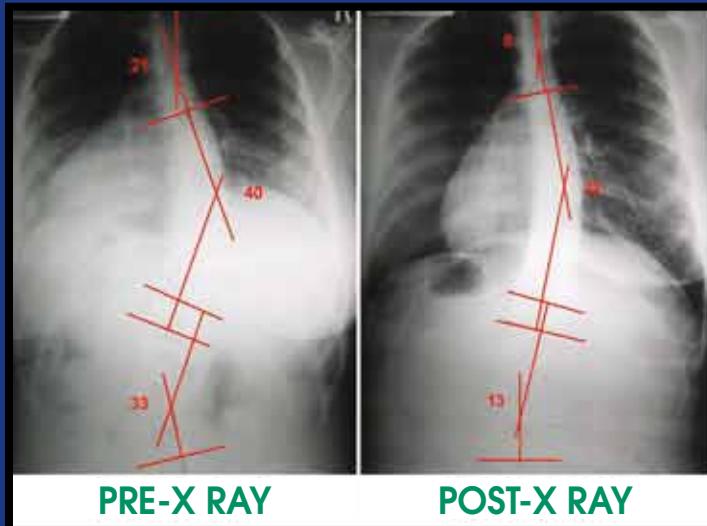


## Results from previous CLEAR Scoliosis Institute® Patients

All of the following pre-X ray and post-X ray results were achieved either through a standardized 4 1/2-month treatment program or a customized 2-week intensive care treatment program, which requires a 4-month post-treatment home stabilization program.



## Frequently Asked Questions

### Q. Can the CLEAR™ method help people with severe scoliosis?

A. CLEAR™ has achieved reductions even in Cobb angles over 100 degrees. However, reversing the course of any disease in its advanced stages is always more difficult, and scoliosis is no exception. Time lines for treatment vary from case to case and can only be determined after a complete evaluation of each case.

### Q. What is the Cobb Angle Measurement?

A. The severity of scoliosis is understood by measuring the amount of abnormal curve in the spine. The technique used to capture this measurement is referred to as the Cobb Angle Measurement. This measurement is achieved when lines are drawn across particular areas of the X ray to evaluate the curves in the spine. On the scoliosis X ray, the first and last vertebrae involved in the curve are identified. A line is drawn across the top (superior) plate of the first vertebra involved in the curve and a second line is drawn across the bottom (inferior) plate of the last vertebra in the curve. The angle between the two lines is measured, and it is this reading that is referred to as the Cobb Angle Measurement.

### Q. Will my curve get worse with age or after skeletal maturity?

A. For a long time, doctors told patients that their scoliosis would not progress after the age of 18. Unfortunately, further research has proven otherwise. Whether scoliosis develops earlier in life or in adulthood, it will most likely progress. As the curve worsens, the physical deformation, pain, and stress to the lungs and heart will also progress.

### Q. When should I start scoliosis treatment?

A. At CLEAR Scoliosis Institute®, we find that the sooner a scoliosis can begin correction, the better the results will be. It is never too late to start—and it is never too early. Medical standards of care dictate “observation only” until a curve reaches 20-25 degrees. At 25 degrees, some form of bracing is typically recommended. If you have reached or are nearing a 40 - 50-degree curve, it is likely that surgery has been discussed with you and/or recommended.

### Q. What are the effects of scoliosis?

A. Scoliosis is not always associated with pain, although it commonly may be. Even in patients without pain, heart and lung function is often compromised. According to the National Scoliosis Foundation, scoliosis is even associated with reduced life expectancy. On average, people with scoliosis suffer a 14-year reduction in their life expectancy, due to strain on the heart and reduced amount of oxygen supplied to the body. Scoliosis is also associated with headaches, shortness of breath, digestive problems, chronic disease, and hip, knee and leg pain.

To discuss beginning a non-invasive scoliosis treatment program, please contact CLEAR Scoliosis Institute® today. Toll free phone: 866-663-7030 • Email: [care@clear-scoliosis-institute.org](mailto:care@clear-scoliosis-institute.org) • Web: [www.clear-scoliosis-institute.org](http://www.clear-scoliosis-institute.org)



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Revised 5/2012



## Changing lives...one spine at a time.

CLEAR Scoliosis Institute® is a nonprofit organization formed with one purpose: to develop protocols that effectively correct scoliosis without the use of bracing or surgery. At CLEAR™, correction is achieved through a unique chiropractic system designed especially for the scoliotic spine. Our mission is to implement this superior system of scoliosis care worldwide, changing the lives of scoliosis patients through state-of-the-art care, innovative, research, specialized techniques and spinal rehabilitation.

If this pamphlet has found its way into your hands, chances are that you or someone you care about has scoliosis. Getting such a life-changing diagnosis can feel very isolating, but we want you to know that you are not alone. In fact, scoliosis is estimated to affect at least 4.5% of the population. We have treated thousands of scoliosis cases and know the helplessness and confusion that comes with the diagnosis of scoliosis. We understand, just like you do, that scoliosis can have the power to impact your life, not only with progressively increasing pain and disfigurement, but also affecting your overall health, quality of life, and longevity. If you could reduce or prevent these changes, would you?

With the CLEAR™ protocol, abnormal scoliosis is reduced naturally, leaving your entire body to function better. Whether you have been living with scoliosis for years, or your scoliosis has only been detected recently, you are now looking for answers. Why has this happened? What are my treatment options? Unfortunately, mainstream treatment options are either painfully invasive, lacking in results, or both. You are probably wondering if your only choice is to remain a victim of scoliosis and what it will continue to do to your body, day in and day out. You're wondering if you must continue to live with the pain and disfigurement that advance relentlessly. We want you to know that there is hope. This pamphlet will answer many of your questions. In it, we explain the methods used by CLEAR™ during treatment so you can feel confident when choosing to seek a CLEAR™ certified doctor. You will understand what to expect during your first visit, what makes CLEAR™ unique from any other treatment method, and why our approach will achieve maximum results. We want you to feel comfortable and confident that CLEAR™ is the right choice for you or your child's health.



The MIX, FIX, SET™ protocol is relatively painless, but the patient may experience some mild stretching discomfort during the initial onset of treatment as the body adapts and heals in its newly corrected position. Some patients have reported mild muscle soreness the day after treatment. It is extremely rare that a patient is unable to complete treatment due to physical discomfort.

### Step 1 - "The Mix"

The scoliotic spine has tight muscles, ligaments and tendons that have evolved over time with the scoliosis. Our first step in correction is to "loosen them up," also known as the MIX. Spinal flexibility is one of the key factors in scoliosis reduction. The MIX develops this imperative flexibility in the spine. A CLEAR™ clinic has specialized equipment that has been designed solely for this purpose. This process is generally painless and relaxing for the patient.

#### Equipment Used During "The Mix"

**The Wobble Chair.** In the scoliotic spine, the discs become wedged and immobile. Adding to the problem, discs no longer receive blood supply after the start of puberty. Therefore, the only way fluid and nutrients can get into the discs to keep them healthy is through motion. The specific movement of the wobble chair pumps nutrients into the discs and increases spinal flexibility. The wobble chair heats up those tissues, making everything pliable and preparing your spine for the other MIX procedures.



**Core Stim.** The core stim creates two different vibratory frequencies that are applied to targeted areas to relax overactive muscles and loosen tight ligaments and tendons directly supporting the spine.



**Vibratory Traction.** The vibratory traction is designed to relax the spinal ligaments, tendons and discs. This device vibrates at a slow, even frequency, which has been proven to target these tight areas to effectively relax and loosen them. The gentle vibrating motion is felt up and down the spine.



**Eckard Table.** The Leander Eckard table flexes up and down, loosening the tightened muscles and ligaments that are present in a scoliotic spine. This motion also pumps nutrients into the spinal discs, improving spinal health. Patients are positioned to open up the scoliotic curve and rehabilitate the wedged discs.

### Step 2 - "The Fix"

**"The Fix" Procedure.** Once the supporting spinal structures are loosened and pliable, the doctor will then direct the spine into proper alignment through safe and effective spinal adjustments, referred to as the FIX. Our method of adjusting is based off of years of clinical research by hundreds of doctors. CLEAR Scoliosis Institute® has compiled this research and selected the "best of the best"

and applied it to the scoliotic spine. Adjustments are designed for each patient from 41 different measurements and 23 different angles the doctor has determined from the initial X-ray exam.



### Step 3 - "The Set"

**"The Set" Procedure.** The last step is to reeducate the body's supporting muscles to hold and maintain your newly corrected positions. We call this the SET. The body's weaker areas must be rebuilt. Our approach to this is through a precise spinal weighting and exercise system. This system features specific isometric spinal exercises, head, shoulder and hip weights designed expressly for the patient. This rebuilding allows the body's nerve system to become reprogrammed against gravity, making each correction permanent. A larger curvature (generally above 25 degrees) will require use of the Scoliosis Traction Chair (STC). The STC removes the stress of gravity on the spine and allows the patient to effectively "work out" in a scoliosis-free environment. The STC uses high-level vibration, which causes the muscles of the spine to contract at a higher frequency than normal, accelerating healing. The STC, along with all of the SET procedures, reeducates the brain to hold the new corrected spinal position.

