



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. I'm sure you will enjoy it. I welcome any feedback from you.

# Journal of Rapid Pain Relief

## Effective Home Remedies that Doctors Give Their Patients

ASBE, Shift Therapy, Hitch Exercise, Axial Rotation resistance training, spinal weighting and ischial lift therapy are among the growing number of manual therapies promising non-surgical reduction of scoliosis curvatures.

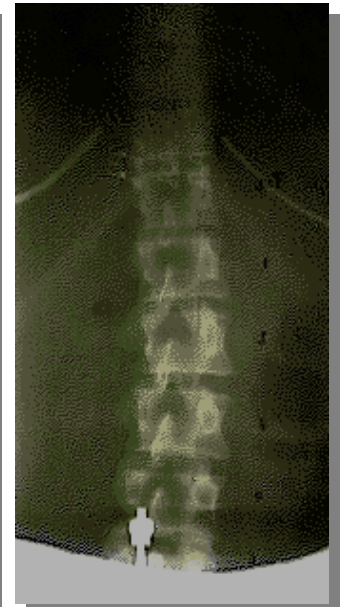
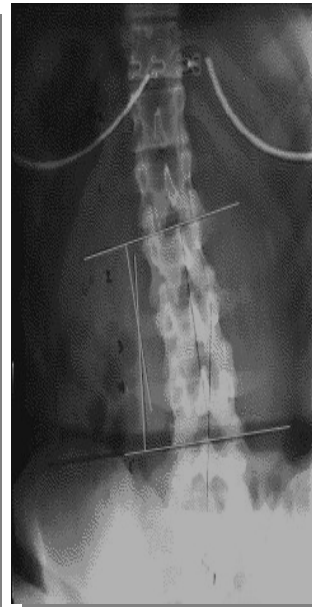
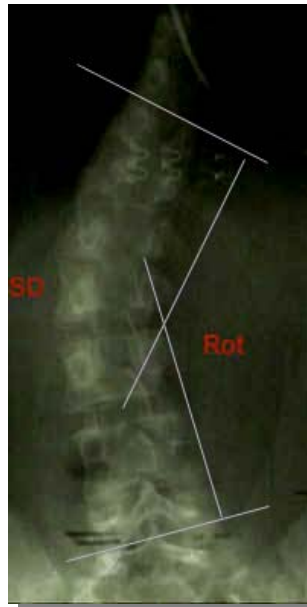
It used to be that exercise, rehab and other forms of conservative therapy were scoffed at in terms of treating scoliosis. Even today most orthopedists have two forms of treatment for kids with scoliosis: bracing and/or surgery. Thankfully there is growing evidence that specific targeted exercise and rehabilitation may be effective in arresting or even reversing the spinal curvature seen in scoliosis. I had the opportunity to correspond with Dr. Maruyama an orthopedic surgeon from Japan. Dr. Maruyama developed a set of specific exercises that reduced scoliotic curves. They are about as effective as bracing

children. In conversing with Dr. Maruyama and learning about his methods, I found that they were similar to many of the maneuvers we have used to treat our patients with scoliosis. Even more recently a study was published that confirmed the use of spinal weighting to reduce scoliotic curves, something we have been doing for years. A new form of deep tissue massage therapy also looks like a promising addition to the non-surgical treatment of spinal curves. This means that the barbaric days of braces and surgical rods may be nearing an end.



Dr. Kukurin reviews a patient's MRI scan

**This issue: *Alternative Medicine Info* to help people suffering from **Scoliosis: Results!!****



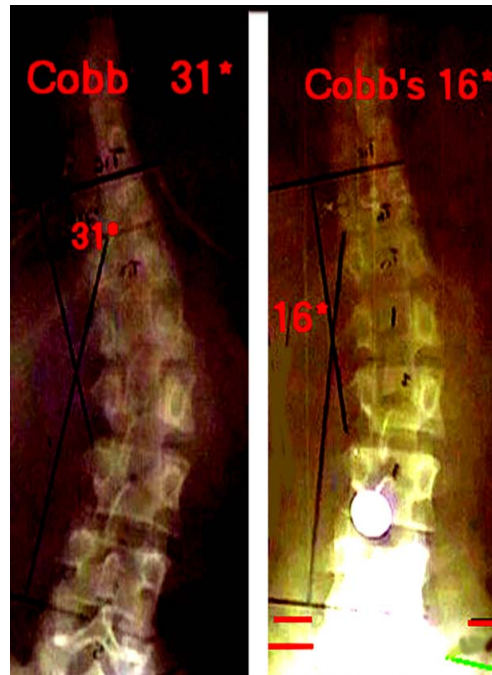
Progressive diminution of a 32 year old women's scoliosis under care in our office. Initial radiographs *left*, intermediate radiography *center* and at discharge *right*.

# Reduction of scoliosis in a 28 year old nurse from 31 degrees to 16 degrees after care in our office.

Some of the modern methods of spinal correction are as simple as sitting on a wedge. Others involve head, shoulder and/or hip weighting. More and more specialized exercises are being developed to reduce spinal curves and even specific deep tissue massage seems to be effective in reducing spinal deformity.

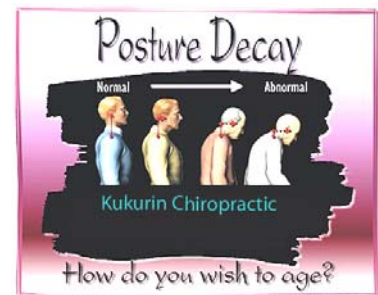
The results can be amazing. The radiographs on the right demonstrate a substantial reduction in spinal curvature after a course of chiropractic spinal correction.

Results like these, seen in individual offices, are being



confirmed by large randomized studies. This is great news for kids with curved spines and their parents.

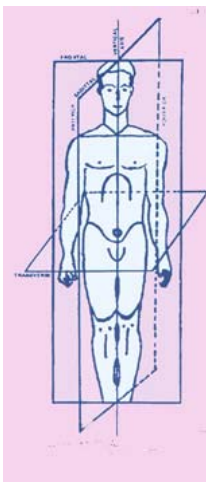
*"A 50% reduction in this patient's scoliosis occurred after 90 days of chiropractic spinal corrective care in my office"*



**Adam's Maneuver, a simple screening test for scoliosis.**



As the patient bends forward to touch her toes, an obvious rib hump appears if a significant scoliosis is present. Smaller spinal curves are much more difficult to detect. If you are concerned that you may have a spinal curvature, call me today and get checked. ~ Dr. Kukurin



If your child has a spinal curvature or you suspect a child that you know might be developing a spinal curve...schedule an appointment with us today so we can discuss the exciting new developments in scoliosis correction.

## Kukurin Chiropractic ~ South Side

*Dr. George W Kukurin*  
Board Certified in Neurology  
Certified in Physiotherapy

2415 Sarah Street  
Pittsburgh, PA 15203  
623.972.8400  
www.alt-compmed.com  
gkukurin@yahoo.com

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