

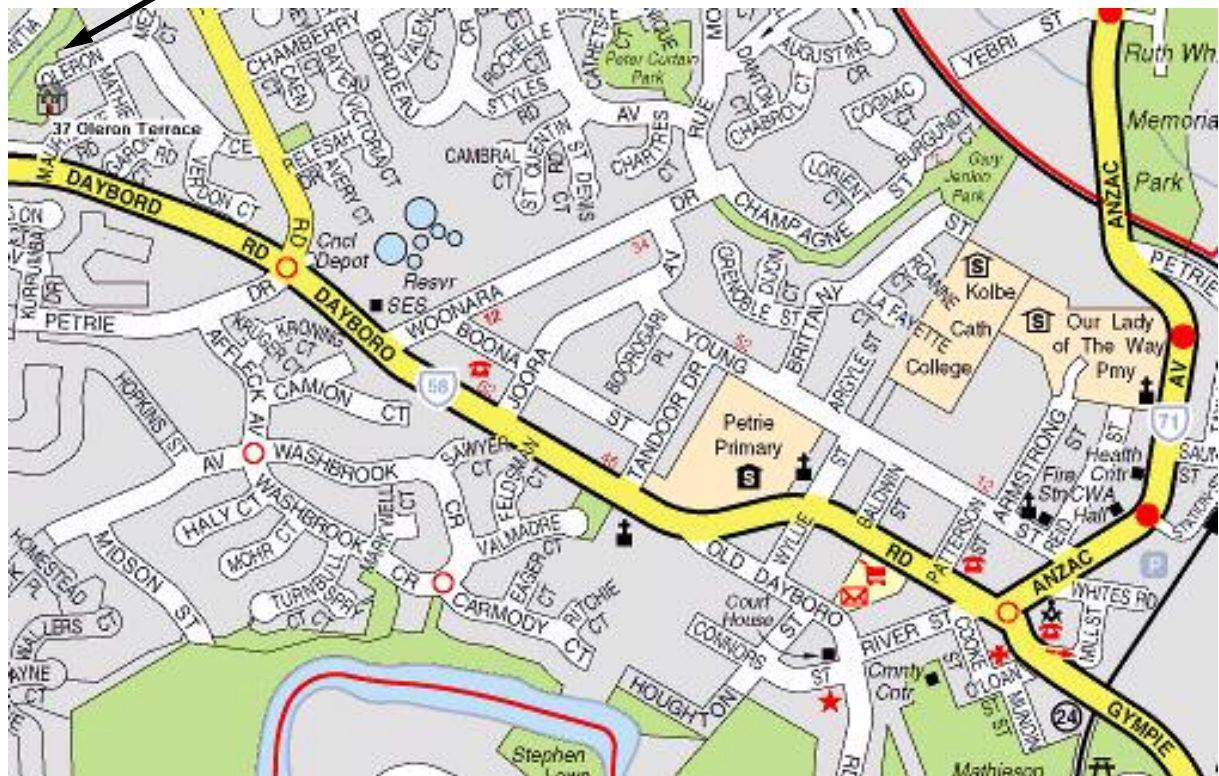
# Spine Tingles

Newsletter of the Scoliosis Support Group of Qld Inc.

September, 2003

## AGM Map

**37 Oleron Tce  
PETRIE**



**Saturday 20 September  
2.00pm**

**Details on page 3**

## Scoliosis Support Group of Queensland Inc

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Submissions for either the newsletter  
or the web site may be made to the  
above address or by e-mail to:  
[info@scoliosissupport.org.au](mailto:info@scoliosissupport.org.au)

This newsletter is published quarterly,  
normally before a picnic and meeting.

### **Warning:**

Information published in this  
newsletter represents views of the  
authors and is not to be seen as a  
recommendation or views of the  
Society. We aim to inform our  
members of as many options as  
possible - It is the decision of  
individual patients to decide on their  
treatment in consultation with their  
doctor.

## **Pregnancy and Scoliosis**

A booklet from the Scoliosis Association of Australia discusses the risks associated with pregnancy for females with idiopathic scoliosis. **The author stresses that medical advice should be sought before conception** but that, in the main, there is reason for optimism. A few of the points discussed are:

Expectant mothers with adolescent onset scoliosis rarely encounter breathing problems. Evidence suggests that as long as vital lung capacity exceeds approximately 1.25 litres, the outcome will probably be good. Below this level problems may occur with deficient oxygenation of the blood (hypoxaemia), which is harmful to the growing baby and the mother. Provided the oxygen levels of the mother are fine and her heart function is good, there should be no threat to the growth of the baby.

Whereas a scoliosis in the chest region (thoracic) may affect breathing, a curvature in the lower back (lumbar) may cause problems at the time of delivery. As with all pregnancies, it is sensible to talk over the management of labour, including pain control, in advance with the midwife and obstetrician. Hormonal changes that occur during pregnancy help to loosen the ligaments of the pelvis and lower spine, to ease the delivery of the baby. Concerns that these hormonal fluctuations will lead to a progression of spinal curvature are largely unfounded, provided the mother's curvature is stable at the beginning of the pregnancy.

Simonds, Anita K. (1998) *Pregnancy and scoliosis*, Eltham, Vic.: Scoliosis Association of Australia.

## **Support Group Fundraiser**

To supplement our funding from Queensland Health we are holding a small fundraiser by selling Entertainment Books. These were featured on Brisbane Extra recently and are excellent value. See the enclosed leaflet for more details. We are only selling the books until our stocks run out or the AGM, so order yours quickly!

For those of you who have never heard of the books they provide discount vouchers to restaurants, fast food outlets, cinemas, theme parks, concerts, accommodation, hire cars, even half price business class flights to USA. They cover the areas of the Sunshine Coast, Brisbane and the Gold Coast, with some accommodation and other services nationwide.

Most vouchers are either "buy one get one free" or "25% off a total bill". There are over 300 pages of discounts and vouchers. For each book sold the Support Group will receive \$11.00.

You can collect your book from us or we will post one out to you. Please note this will incur a \$6.00 postage fee.

**2003 Annual General Meeting**

**37 Oleron Tce**

**PETRIE**

Saturday 20 September 2003

2.00 pm

UBD Map Reference: 88 E19  
Look for the Support Group's  
calico banner with blue printing

Afternoon tea will be provided  
Please support the Group and attend the AGM

**Agenda**

Minutes of Previous AGM

Presentation of Reports

President

Treasurer

Election of Office Bearers

President

Secretary

Treasurer

Vice-President

Election of Patron

General Business of an annual general nature

If you are unable to attend please send your proxy

**Scoliosis Support Group of Queensland Inc**

Proxy Form

I, \_\_\_\_\_ of \_\_\_\_\_, being a member of the  
abovementioned association, hereby appoint \_\_\_\_\_ of \_\_\_\_\_,  
or failing the member, \_\_\_\_\_ of \_\_\_\_\_<sup>1</sup>  
as my proxy to vote for me on my behalf at the (annual) general meeting of the association, to  
be held on the 20th day of September, 2003, and at any adjournment thereof.

Signed this \_\_\_\_\_ day of September, 2003.

Signature

Unless otherwise instructed the proxy may vote as the proxy thinks fit.

<sup>1</sup>If you don't know of a particular person you may indicate an office bearer, such as "The Chairperson"

## **From our Vice President, Trevor Rogers**

The school nurse diagnosed that I had scoliosis when I started Grade 7 in 1977.

An immediate trip to the GP Locum, who said, before examining me, that school nurses only alarm people. However Mum asked me to bend forward and show the doctor. I went for x-rays and took them back to the doctor who was in a state of shock. He phoned a specialist, saying it was very urgent, he had to see me that day, and that we were prepared to wait until his lunch break. This specialist said I should see Dr Don Tuffley who specialises in scoliosis and made an appointment for me.

My spine was curved at 26 degrees to an "S" shape and Dr Tuffley suggested I wear a Milwaukee brace until I finished growing. At this stage my parents were very worried and concerned. They had never heard of Scoliosis and wondered what to do for the best. If only there had been a support group then, someone they could turn to for all the support we needed.

That brace was made of leather and was extremely hot and heavy. I wore it 23 hours per day, and in the one hour it was off I had a shower and did 30 minutes of exercises, and put the brace beside a fan to dry it out.

The afternoon I got the brace Mum took me to school to show my teacher. She had never seen one before and asked a lot of questions. The next day at school the teacher told the class and that helped me a lot. I was the only one at school to wear one.

At first I found it most uncomfortable. It was almost impossible to sleep those first few nights.

Quite a few things were altered for me: I needed a lower chair at the table for eating meals; my desk was built up and on a slope because the brace held my head high. I also required larger clothes. Some things were difficult to do, but I got used to it.

After two years my left hip slipped out and was cutting circulation to my leg. Dr Tuffley immediately operated and I have four pins in that hip, and my left leg is half an inch shorter than my right. I did not wear the brace for three months.

About that time I was growing tall and the brace had to be altered at every visit. I also had physio from the time of getting my brace.

In 1980, after growing 6 inches (15 cm) since 1977, I needed a new brace. This was made of hard plastic, much lighter than the leather. At the time my scoliosis curve was 21 degrees.

At the end of 1981 I could leave the brace off for five hours a day. I was more than 6'2" (190 cm) tall. Six months later I only wore the brace at nights, and after another six months I could leave it off forever.

Six months after discarding the brace my curve was 23 degrees. We all felt that the five years of discomfort and expense was worth while.

I got my clearance from Dr Tuffley in 1985.

I am pleased to be a member of the Scoliosis Support Group, and am willing to assist anyone who needs a chat. Phone me on 3711 3907 after hours.

# **Advanced Biostructural Correction**

by

**Dr Mark Whitfield  
Andrew Vincent Chiropractic**

I recently attended a seminar in Sydney, which addressed the condition of 'idiopathic scoliosis'. The weekend seminar instructed Chiropractors about a new technique called "Advanced Biostructural Correction" (ABC).

Having seen ABC listed as number one in the top 10 most promising new techniques in chiropractic. I was very keen to attend. A notable attendee was Dr Debra Lawson, from Sydney, who runs a 'scoliosis clinic' and until now has been practicing the 'Scoliosis Treatment Recovery System' (STRS) using the 'Copes Spinal Bracing' devices. She has since begun practicing the ABC technique.

Advanced Biostructural Correction is a procedure designed to address 'spinal alignment' but also focuses on a structure called the 'meninges'. The meninges — which are the structures affected in meningitis — is the covering sheath along the spinal cord that anchors the spinal cord to the bones of the spine, particularly the upper cervical or neck area and the lower sacral area, near the tailbone.

Whilst much research into idiopathic scoliosis is still required, a commonly held belief is that the spinal column kinks' or bends to take the pressure off the spinal cord. If the meninges are not allowing the spinal cord to move freely in the spinal column, then this kinking or bending may be magnified. Thus the **ABC** protocol of adjusting is designed to reduce the pressure (if present and detected through specific testing) off whichever of the meninges are implicated, and then adjustment of the spine and lower extremities using manual techniques. An interesting journal article which outlines the meningeal theory in much more detail is the 'Adult Tethered Cord Syndrome' from the Journal of Spinal Disorders, vol. 13, no. 4, p. 319-323.

Reassessments of postural correction can be carried out by digital camera comparison photos. However, re-X-rays would be required in the case of a scoliosis to accurately assess any structural change. The process of spinal scoliosis correction is described as a gradual unwinding of the spine. The time frame for corrections is obviously dependent on each particular case, however a guide would be in the range on 10-12 months of quite intense care, with adjustments being as often as three times per week in the early stages and may average two adjustments per week over the course of the 10-12 month treatment. Cost of a full programme is of course dependent on the fee structure of the Chiropractor, however a reasonable figure could range from \$2,500 to \$4,000 over the 12-month period.

**Advanced Biostructural Correction** has had symptomatic success with cases of multiple sclerosis and amyotrophic lateral sclerosis, a form of motor neuron disease. Whilst not offering a cure for either illness, a reduction in symptoms has helped patients deal with and manage their condition with much more comfort.

For further information call me on (07) 3221 1346

or visit the website – [www.advbiostructuralcorr.com](http://www.advbiostructuralcorr.com)