



Topic	Item	Checklist item description	Reported on Line
Title	1	The diagnosis or intervention of primary focus followed by the words “case report”	Painful Adult Scoliosis - Case Report
Key Words	2	2 to 5 key words that identify diagnoses or interventions in this case report, including "case report"	Adult Scoliosis
- Adult Conservative Treatment - Elastic Brace			
Abstract (no references)	3a	Introduction: What is unique about this case and what does it add to the scientific literature?	It describes the application of a newly developed elastic brace to control the progression of scoliosis and to provide pain relief and trunk support
	3b	Main symptoms and/or important clinical findings	Pain caused by the disease and progressive difficulty controlling the verticality of the trunk.
	3c	The main diagnoses, therapeutic interventions, and outcomes	Scoliosis, Application of an elastic brace, Reduction of pain and related symptoms.
	3d	Conclusion - What is the main “take-away” lesson(s) from this case?	How to Help an Adult Patient Manage Scoliosis Symptoms Using a Simple Tool
Introduction	4	One or two paragraphs summarizing why this case is unique (may include references)	No studies analyzing the results of similar braces have been published in the scientific literature, except for another case report that was published with the simplified prototype of this brace (Polastri M, Romano M. Lumbar scoliosis: Reducing lower back pain and improving function in adulthood. A case report with a 2-year follow-up. J Bodyw Mov Ther. 2017 Jan;21(1):81–85. doi:10.1016/j.jbmt.2016.05.004)
Patient Information	5a	De-identified patient specific information	There is no information in the text that could identify the patient
	5b	Primary concerns and symptoms of the patient	Pain and concerns about possible future worsening
	5c	Medical, family, and psycho-social history including relevant genetic information	Scoliosis discovered in adolescence and treated with a brace. There is no relevant family or genetic information to disclose.
	5d	Relevant past interventions with outcomes	X-rays and bracing during adolescence - Scoliosis had been reduced by a few degrees
Clinical Findings	6	Describe significant physical examination (PE) and important clinical findings	The main tests used to evaluate the patient are: the Adam test, Sorensen test the Sagittal Calculus, and the Coronal Index.
Timeline	7	Historical and current information from this episode of care organized as a timeline	The patient underwent bracing treatment in early adolescence and then discontinued treatment. In recent years, she has felt that the pain and difficulty controlling her posture were worsening and required treatment
Diagnostic Assessment	8a	Diagnostic testing (such as PE, laboratory testing, imaging, surveys)	Radiograph measurements and completion of the COMI, ISIqoL, Oswestry, and SRS22 questionnaires
Therapeutic Intervention	8b	Diagnostic challenges (such as testing, financial, or cultural)	No difficulties
	8c	Diagnosis (including other diagnoses considered)	Left Thoracolumbar scoliosis
	8d	Prognosis (such as staging in oncology) where applicable	Prognosis is not possible because the progression of scoliosis cannot be predicted. Bracing treatment aims to reduce the risk of worsening and provide the patient with support for the trunk
Follow-up and Outcomes	9a	Types of therapeutic intervention (such as pharmacologic, surgical, preventive, self-care)	Wearing the elastic brace as prevention of worsening and pain control
	9b	Administration of therapeutic intervention (such as dosage, strength, duration)	The hours of wearing were decided by the patient based on

the need for assistance in supporting the trunk. The hours of wearing were not less than 4 hours daily.

therapeutic intervention (with rationale) decided by the patient.

It was not necessary to modify the treatment because the dosage of the wearer was

10a Clinician and patient-assessed outcomes (if available) Outcomes were assessed using questionnaires completed by the patient every three months.

10b Important follow-up diagnostic and other test results N/A

10c Intervention adherence and tolerability (How was this assessed?) Using patient statements collected at regular follow-up meetings

10d Adverse and unanticipated events None

9 c Change the

Discussion

therapeutic tool. The weakness is the minimal number of patients enrolled in the study.

11a A scientific discussion of the strengths AND limitations associated with this case report The main strength is the application of an innovative

11b Discussion of the relevant medical literature with references There is no prior scientific evidence other than the cited reference. (Polastri M, Romano M. Lumbar scoliosis: Reducing lower back pain and improving function in adulthood. A case report with a 2-year follow-up. J Bodyw Mov Ther. 2017 Jan;21(1):81–85. doi:10.1016/j.jbmt.2016.05.004)

11c The scientific rationale for any conclusions (including assessment of possible causes) The conclusions are those reported by the patient, suggesting that the elastic brace described appears to have good function and merits prospective studies.

11d The primary “take-away” lessons of this case report (without references) in a one paragraph conclusion The application of the elastic brace described in the paper is effective in achieving the proposed objectives: pain reduction and help support the misaligned trunk.

Patient Perspective

12 The patient should share their perspective in one to two paragraphs on the treatment(s) they received . The brace was more effective than I imagined when it was proposed to me. I feel more confident, and my daily life has significantly improved

Informed Consent

13 Did the patient give informed consent? Please provide if requested Yes ☐ No ☒