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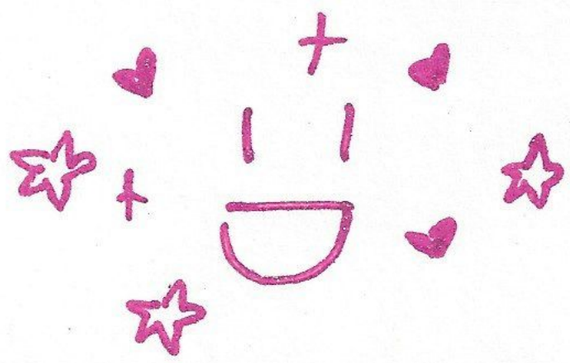
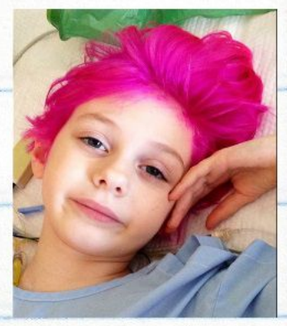


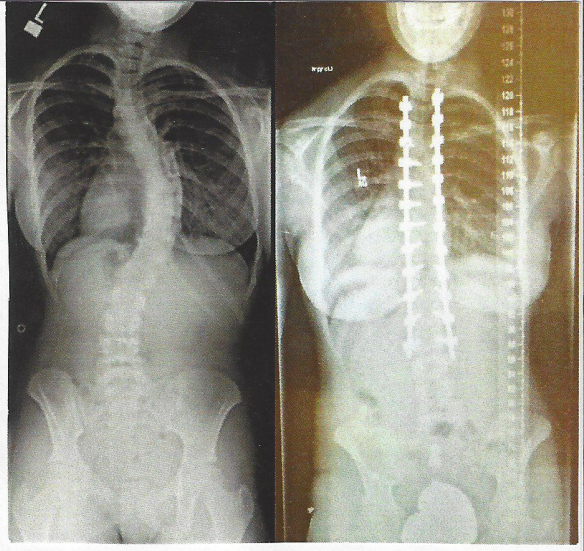
Dear Scoliosis Patient,

I understand the fear of going into surgery and receiving rods. Waking up early and lugging bags of posessions into a car and driving to a hospital! The food is no better! Going into surgery is nothing to be afraid of, you have professional doctors and surgons helping you get better. I remember my first surgery was in 1st grade on Valentines Day! I was scared, and in pain. What motivated me to stand up and walk was knowing that even though scoliosis will always be a part of my life, it wasn't going to get better unless I fought strong and hard. I hope this comes as a lesson to yourself and helps you throughout your surgery too.

Sincerely,
Your friend,
Trinity



Dear Scoliosis patient and family,



My name is Abby, and I was diagnosed with Scoliosis in October of 2014 when I was thirteen years old. At the time of my diagnosis, my curve was 49°, and it was labeled as an aggressive curvature. I wore a back brace for about six months, when we found out that my curve had progressed to 60°. This meant that I would definitely need surgery. I had a spinal fusion in the summer of 2015.

The whole treatment process was very difficult for me, however I am able to look back at it as a positive experience. I volunteer with my hospital to help guide spinal fusion patients and their families through the surgery process. I help to take them on a tour of the hospital and show them all of the rooms they will be staying in while they are there. I always tell them that I am incredibly grateful that I had the surgery because it was the best option for me.

I have also been able to return to all the physical activities that I participated in prior to my operation, such as dancing. I even discovered a love for acting through this whole process! One thing I have found is that scoliosis has brought me so many incredible opportunities such as writing this letter to help scoli-families all over the world! Another positive aspect of having scoliosis is that I have made so many new friends because of it! I have made friends through the hospital, and I have even become friends with people at school who I never knew had scoliosis too! There really is a beautiful community of people with scoliosis.

My biggest advice to anybody with scoliosis is to own it! Whether you wear a brace, have a scar from surgery, or just have a beautifully curvy spine, I encourage you to wear it with pride because it is part of what makes you, you! Scoliosis has caused me to grow as a person because: 1.) I literally grew 2 inches from surgery, and 2.) it has made me stronger. It is not always easy, but I try my best to stay positive when it comes to scoliosis, which is why I am able to see it as a good thing. I choose to love my scar and my body even though one shoulder is still higher than the other and my hips are off-center.

You are not alone. You will get through it. There is another side, and you are going to be more than fine. I know it can be a scary thing to go through, but now that I am on the other side of treatment, I am so thankful that I had this experience, and especially thankful that I can now help people like you!

-From, Abby ♥

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Hello to a fellow Scoliosis Warrior! My name is Zoë :) I am now 22 years old and I am from Perth, Western Australia. I was diagnosed at age 11 with a double curve of 48° and 28°, I had a backbrace made for me straight away but this was only used to prepare me for my operation. As the backbrace was worn for 23 hours a day, my spine relied on it for support, this made my bones softer for the operation. In Australia it is hot and the brace was uncomfortable but I knew I had to wear it. I wore large mens t-shirts as I found this more comfortable. Wearing the brace is the hardest part, if you can survive that, you can survive anything! :)

I had my operation at age 14. I was nervous as this was my first ever operation! The recovery was long and I felt frustrated sometimes but I felt so happy once it was all over. I have great friends who visited me, they now refer to me as 'iron-woman' and treat me like a super hero :) I am just like everybody else now, I dont look any different ~~or~~ feel any different. I just have a long scar from my neck to my hips. I graduated high school, I go to university and aspire to be a teacher. I currently work with children with special needs. We are strong, we can tackle anything that comes our way! Scoliosis makes us stronger! ♥

Best of luck on your scoliosis journey.

My name is Shayla, I have been in my brace for about a year. I found out about my Brace in 5th so I haven't been in the brace for a while but just remembering that im not the only one in this stage makes me feel better. You can remind you're-self that and it will cheer you up, This picture was of me when I was getting my brace. It's a big change but easy to get used to !! ☺ and when you are wearing something over it people cant even tell.

Also you dont have to be shy to show people youre brace, if they oudde you that's there problom not you just dont let people tell you how, to live youre life. Its easier just to remember youre made to be you so live youre life to the fullist and block out bullies !!

Hi! My name is Lily and I am 11 Years old. I live in Bend, OR and I am on my second WCR Brace. I got diagnosed 2 years ago. I know that somtimes wearing a brace can be hard, but you just can't give up and remember that this won't be forever even though it may seem that way. one hard thing can be telling your friends, but my advice is to tell them if you want to and if you don't that is fine. Also sometimes it can be difficult to find clothes that fit with your brace, my advice is to wear loose tops and leggings. I wanted to wear jeans, but couldn't because of the zipper and bottons and so I found cat and Jack jeans With an elastic waist. I hope that this letter helped you and also If you want to get ahold of me you can email me at COR@curvygirlsscoliosis.com

From,
Lily

My name is Tia, and I have Scoliosis just you. It's a tough journey, and I want you to know you will have all the support from your family, friends, and even me.
I first found out I had Scoliosis in the fourth grade. Later that same year I had started wearing my brace. I wore my brace from fourth grade all the way untill eighth grade. Its hard to get used to at first, but you get used to it eventually. ♡ But just because you have scoliosis it doesn't have to prevent you from doing what you love. It may seem like so at first, but you really find your greatest pasions from this expirience. Try to make the most out of this, and I hope you find your greatest Strengths.

TIA

Hi my name is Brylee! And a ware a brace! I am 9 years old! Ive had my brace for a cuple of months! I have a purple Bakrounde and some Butterflys on it to. My doll has the same brace as me! sometims it's hard to do sertan things in my brace like siting for a long time siting on the ground or bending down! I might have to get another brace but I dont know when.

From
Brylee

Hey, Scoliosis is not esey, I should Know.
Having had Braces, X-rays and a major surgery It is defenet ly not the most fun thing I have ever done. But if I learned one thing its that it is more than worthit. Bent, not broken meanes that you are not hit or un-fixed you are curved, bent and twisted, witch if you ask me is pretty cool.

-Gloria

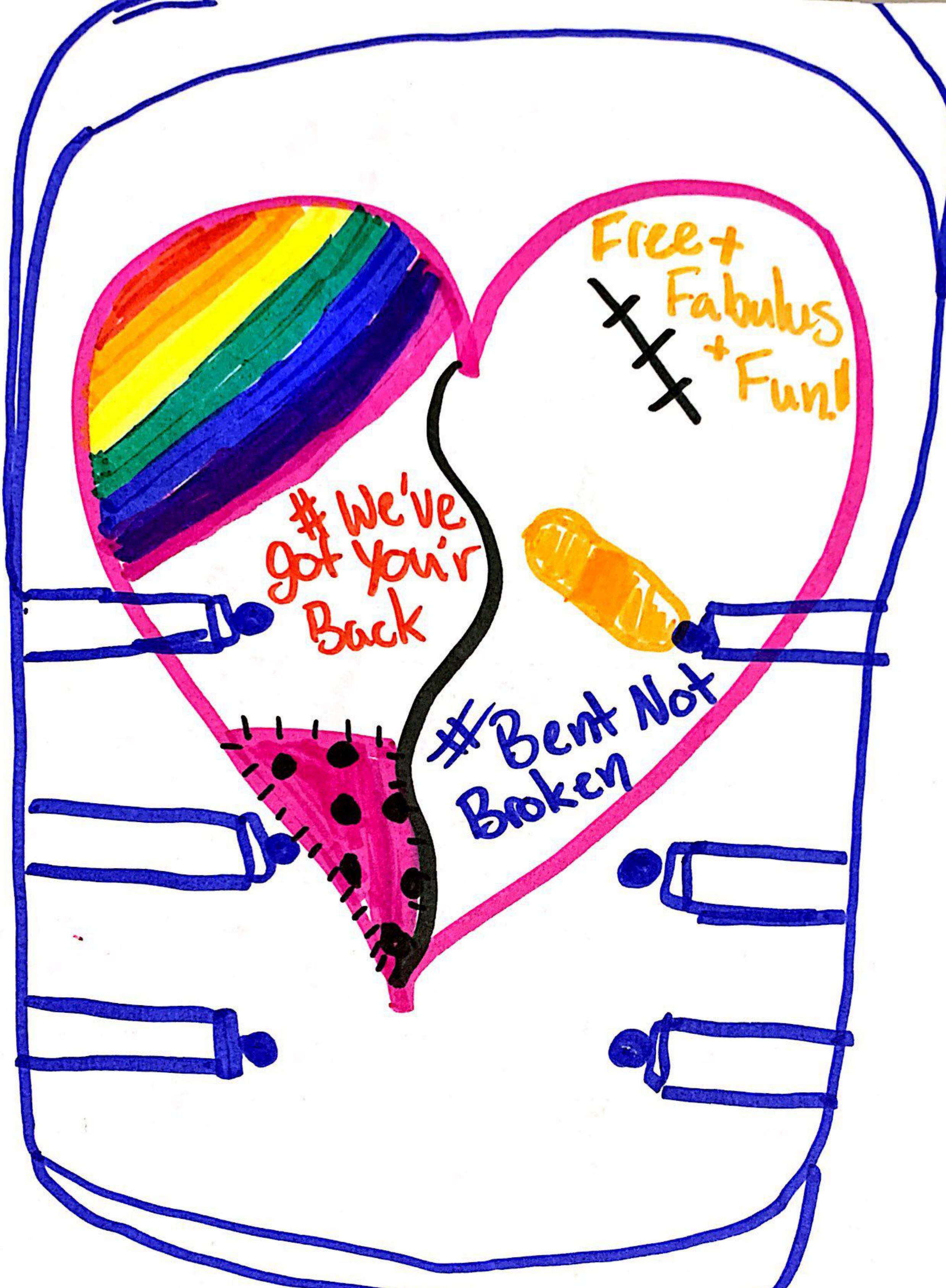
Hi! I'm Emily and I am the leader for the Wyoming Curvy Girls Club. I am 17 years old and when I was 14 I had a surgery to help my scoliosis. I remember feeling very alone. I felt like no one understood what I was going through. I didn't even know any girls with scoliosis which made it even more scary. But don't worry, you have me, your friends and family, and millions of girls and boys around the world who understand you ♥ Whether you have already had surgery or not, I want you to know that scoliosis does not define you, it is just a part of you. If you are scared or worried about your scoliosis, just remember, it takes a strong person to go through this. That is why you have scoliosis. Because you are strong enough to conquer it! Always remember that you may be bent but you are not broken! Sending all my love and support, Emily ♥

I had a screw and flexible cord/rod instead of a metal rod. Doctors A, B, C in New York.

Hey.
I'm Gloria and I just got surgery! The Main way I got though it is telling My self I was doing it for a reson. Now I am so glad I did do it all... Even though I do wear a brace.* I enjoy All of the bed rest though.

I know that it's not esey but... I also know it will get better just as quick.

-Gloria


Free+
Fabulus
+
Fun!
#We've
got your
Back
#Bent Not
Broken

Loved
Suported
Cared about
important
Magical
Strong
enough
Powerful!
Beautiful
Awsome!!
Warior
Brave
Braved
Courageous
Cool

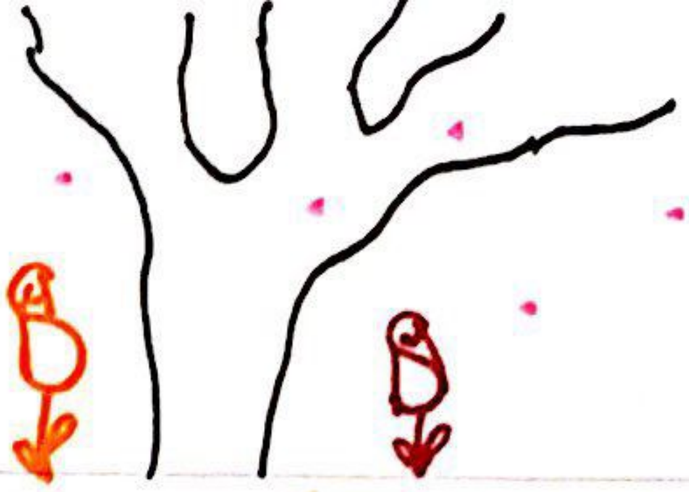
The No
to
All

Hi!

My Name is Gloria and I have Scoliosis - or I did befor I had surgery. Now I am with a strait back and uncomfortable brace. I got through the past month by remembering WHY I AM DOING IT. I have had schooliosis science I was 3! and now I am 11. Coming from Wyoming I have to travel alot!! - but my friends + family helped me through it. All you need to know is that you are loved and Supoted through every thing.

-Gloria

I am Orry. I am 4.
I have scoliosis.
I have a special
brace just like
my superhero.
With my brace
I feel like a
superhero!



Bent Not Broken!

Hey! I'm Maddey (@oconmadds on social media) + I live in Chicago, IL!

I love to ride my bike, play with my dog, or just chill in my free time! I'm super busy with school, sports, + Church, but it's always good to stop + relax!

I wore a Boston Back Brace for my 50-60° degree curve for a little over 1.5 years'. At first, I did not want to be viewed differently for wearing a back brace, especially going into middle school, but I named my brace + got use to it, "hugging" me'. At times it was not fun (school, sports, hot Chicago summers, etc.) but I recommend wearing a light tank top or undershirt under your brace so it doesn't rub. For school, I had to wear a uniform, so I couldn't paint or design my brace, but it's always fun to design it to something you like! Wearing my brace at certain times got annoying, but I knew that it could change/ keep my curve from increasing! Chances for me were not that great + I ended up still needing to have Spinal Fusion, but my brace worked for the period of time I had it! Fashion tips: SWEATSHIRTS!!! As a teenage girl I love sweatshirts, but especially when I wore my brace in hopes to hide it! Big sweaters really covered it and I always would pull my jeans or leggings over my brace as it was easier! Towards the end of my being "braced" days I did not care that much if people saw me wearing it + I did not care that much if they even asked questions because I learned to love my scoliosis + feel confident even with my S curve! If you have any more questions or want Fashion tips don't hesitate to DM me on instagram: @oconmadds or email me @ madtown916@gmail.com!

Even though my brace helped me try to become a "straighter", I still needed to have Spinal Fusion Surgery! on MAY 11th, 2016 I became titanium with a metal rods + 15 screws! I brought my higgy bear with me to the hospital, but I asked my friends to Facetime me and not visit as I wanted some personal time with my family! I had an incredible surgeon + so much support! I'm now almost 3 years titanium strong + wouldn't change anything!

HAHA'. So of course I had to tell my friends + School about my brace + my teacher + I decided that I could just tell all my friends during Snack one day + since I was close with my class (only 19 students) they all were supportive + I even got a special chair + pillow for each class to help me sit correctly with my brace! Having so much support for the bracing + surgery times really helped me in understanding that I was not alone!

Having Scoliosis may bring down your self-esteem, but truly scoliosis is pretty cool if you think about it'. I always just thought positive + thought it was cool to have a S down my back + how I was born with it! I wouldn't have been able to do all of this without the support of my family + close friends! Like I said, parents or Scoliosis warriors, I'm always here to answer questions about anything or even talk to you about what might happen during your hospital stay or what to bring! Scoliosis has inspired myself to become a nurse + even work with other kids after high school! stay strong ♡

Every Princess
has a
twisted
story.

-Emily

You
are a
very
special
Princess
♥

Hi!

Being the parent of a child with scoliosis can be scary at times. You may worry about whether you're doing enough or if your child is getting the best treatment. Know that you are not alone, there are many of us supporting our children. Know that you are doing all you can and your worry is only natural being a parent.. There are many resources available online for you, one being Curvy Girl. Through these resources you can learn more and more importantly meet other parents who can serve as a support to you. Please don't hesitate to reach out to others or ask questions!

Wishing you all the best

Christine Schaal

Hello!, I'm Cecilia and I'd like you to know that Scoliosis can be very hard sometimes, but there's so many people who have it. You're never alone! Think about how strong you are! You are getting through this, you are so brave. I am 12 and I was diagnosed when I was 9. throughout those years my back has gotten better and worse, but last year my doctor braced me. Wearing a brace is not easy, but it's only helping. Whatever you may be doing to help your back, whether surgery back brace, schroth it's only to help you. Even though you may not want to do get surgery or wear a brace it will help! Just keep your head up and keep on pushing through, because one day you'll look back and realize how strong you were! You are so amazing! Never let anyone tell you you're not. I promise in the end everything will be ok!

You are beautiful and scoliosis can't change that!

I wish you the best!

From,
Cecilia