

**I've Got
Scoliosis...
Now What?**

A friendly guide for children

Name: _____

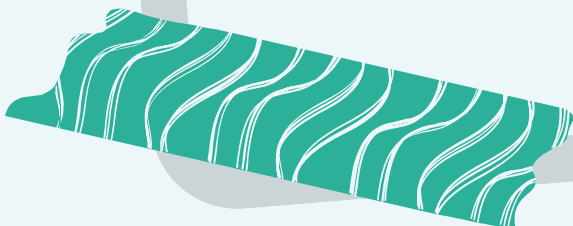
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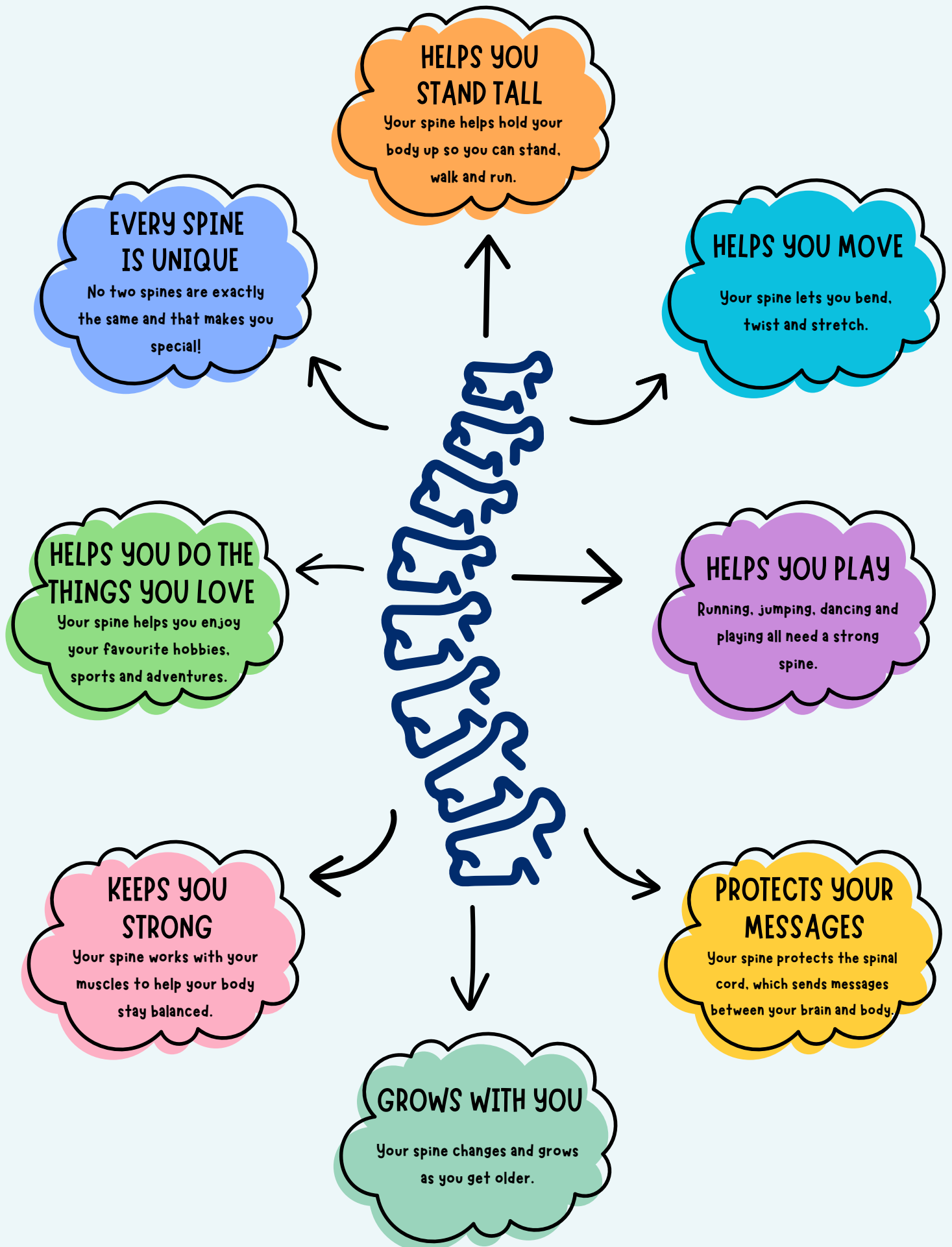
This book belongs to...

Notes

- My name:
- My age:
- My birthday:
- My school year:
- My teacher:
- My hobby:



Meet your amazing spine!





What is scoliosis?

Your spine is a stack of bones that helps you stand, bend and move.

Sometimes, a spine grows with a curve.

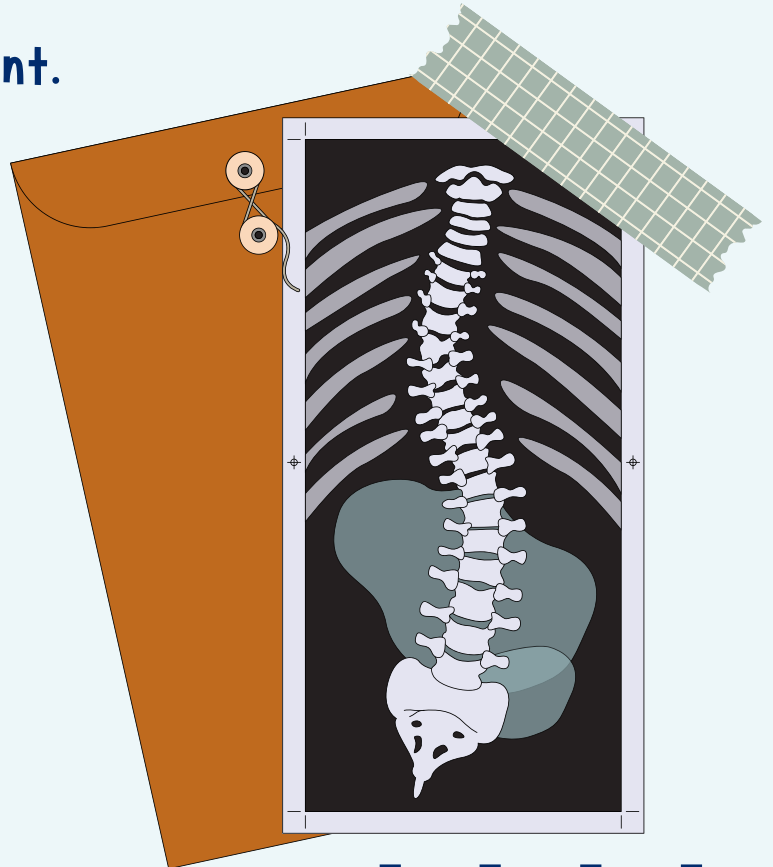
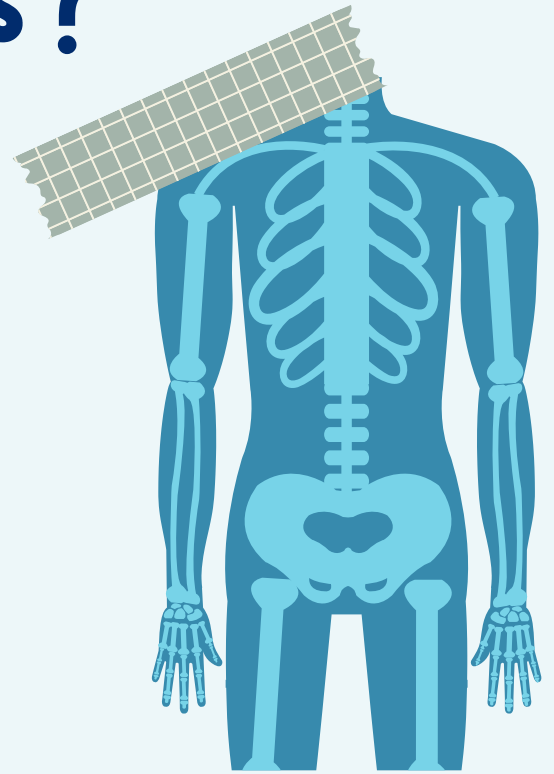
That's called scoliosis.

Everyone's curve is different.

Some curves are small.

Some are bigger.

Every person's spine is unique!



Something important to know

YOU DIDN'T CAUSE YOUR SCOLIOSIS.

You didn't get scoliosis because you...



**Carried a
backpack**



**Sat in a
weird way**



Played Sport



**Ran, jumped
or had fun**

The most important thing to remember is:

You are not to blame.

What happens now?

Step

1.

See a doctor: Your first step is usually seeing your doctor. They will ask you questions, look at your back, and check how your spine moves.



Step

2.

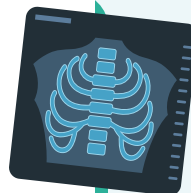
See a specialist: Your doctor may send you to a spine specialist. They are experts who know lots about scoliosis and will help you understand your spine.



Step

3.

Have an X-ray: You may have an X-ray so the specialist can take a closer look at your spine and see the shape of your curve.



Step

4.

Make a plan: Every child's scoliosis is different. Your healthcare team will talk with you and your family about the best next steps for you.



What might my treatment be?

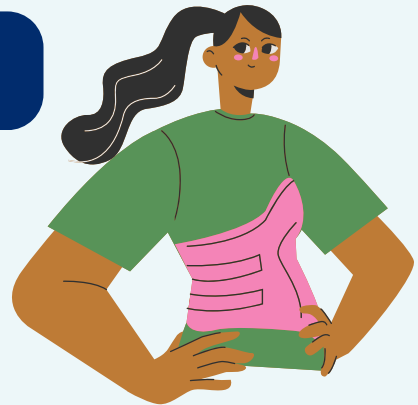


1



Keeping Watch

2



A special brace helps guide your spine while you grow.

3



Keeping active helps keep your body strong.

4



Some children need an operation, but lots don't.



Meet my brace!

MY BRACE IS MY HELPER

My brace gently helps guide my spine as I grow.

MY BRACE DOESN'T DEFINE ME

I am still me – my hobbies, friends and dreams are what make me special.

IT HELPS WHILE I GROW

My spine is still growing, and my brace helps support it during this time.

I CAN ASK QUESTIONS

It's okay to ask my doctor, family or brace team anything I want to know.

IT DOESN'T MEAN I'M BROKEN

Lots of children wear braces for different reasons.

I WEAR IT FOR A REASON

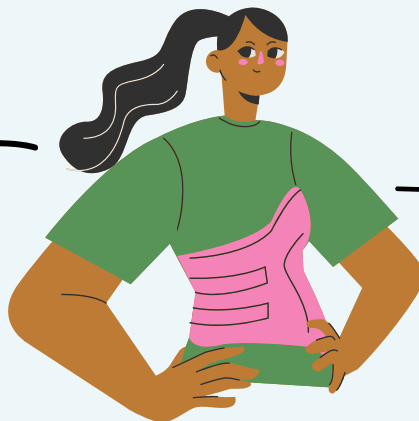
My healthcare team will tell me when and how long to wear my brace.

I CAN STILL HAVE FUN

I can still play, laugh, learn and enjoy my favourite activities.

I CAN MAKE IT MINE

I can decorate my brace with colours, stickers or designs that show my personality.

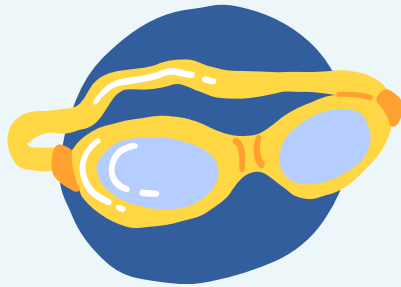


Scoliosis won't stop me!

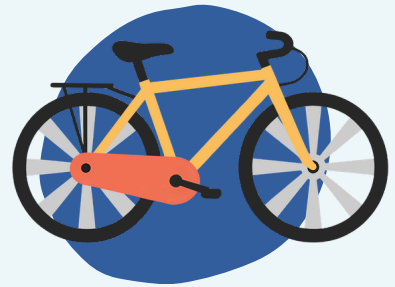
YOU CAN STILL DO THE THINGS YOU LOVE.



1. Play Football



2. Swim



3. Ride your bike



4. Draw



5. Play games



6. Listen to
music



4. Have fun
with friends



6. Explore and
try new things

Questions I want to ask

I want to ask...

My biggest worry...

I feel...

