


MY SCOLIOSIS STORY



**Girl Scout Gold Award Project
Second Edition, 2018**

Hello! This is my story.

I was diagnosed with scoliosis when I was 13 years old. At the time, my curve measured 53 degrees. My parents and I were told that I needed surgery right away, but we decided to wait and see if we could treat the curve non-surgically.



For the next two years, I tried bracing, physical therapy, and correctional exercises.



But two years later, my curve had progressed to 85 degrees!

Well, at least I tried.

There was no denying that my curve, already too severe, was going to worsen. After doing a lot of research on spinal fusion and talking to another patient's family who had done it, we scheduled the surgery.

Here's my surgery and recovery experience; I hope it helps you out!



DAY BEFORE: THE CALM BEFORE THE STORM

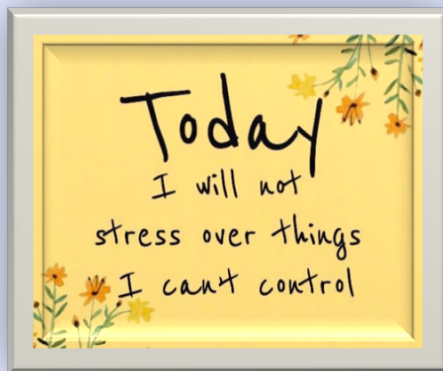


Measuring my lung capacity

The most important thing before surgery is to think positive thoughts, know that you are in good hands, and hope for the best!



Packing! I brought a few pillows (squeezing them helps with coughing), good music, dry shampoo, and some tasty treats!



**you can
DO IT!**

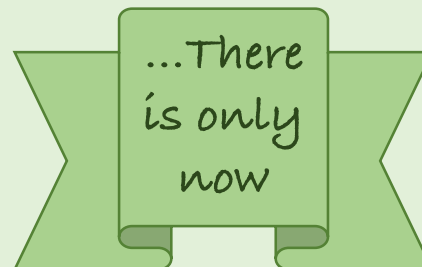
SURGERY DAY: THERE'S NO SUCH THING AS READY...



When I got to the hospital, I met some nurses, the anesthesiologist, and Dr. Newton's team. They were super nice and even gave me a bed and a warm blanket while I was waiting.



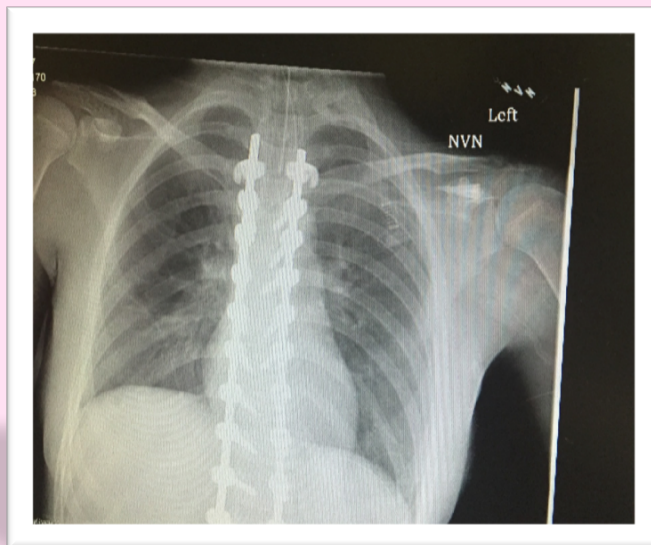
Before I knew it, it was time to go into the operating room. I laid down on the table, and the anesthesiologist talked to me until I fell asleep.



DAY 1: WAKE UP & SMELL THE ROSES



The first day post-surgery was rough. All the machines and tubes in the ICU were unsettling. Luckily, I kept falling asleep and waking up hours later. This helped pass the time. Before I knew it, I was smiling!



First lying down x-ray!
I look so much straighter!



Once my breathing tube was removed, I felt a lot better. We were all amazed at how much progress I made!

DAYS 2-4: THIS TOO SHALL PASS

*A little progress
each day leads
to big results.*

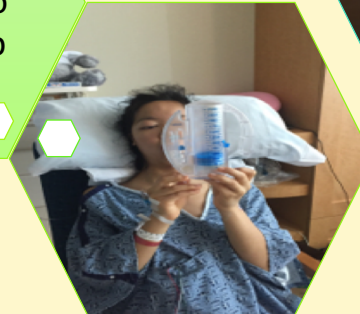


Visits from
family and
friends made
me feel a lot
better!



Amy came
to check
on me!

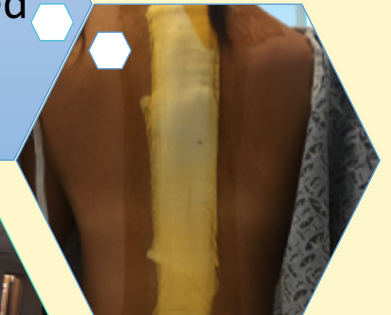
Using the
Introspective
Spirometer to
practice deep
breathing



Walking
around the
hospital



What my
back looked
like

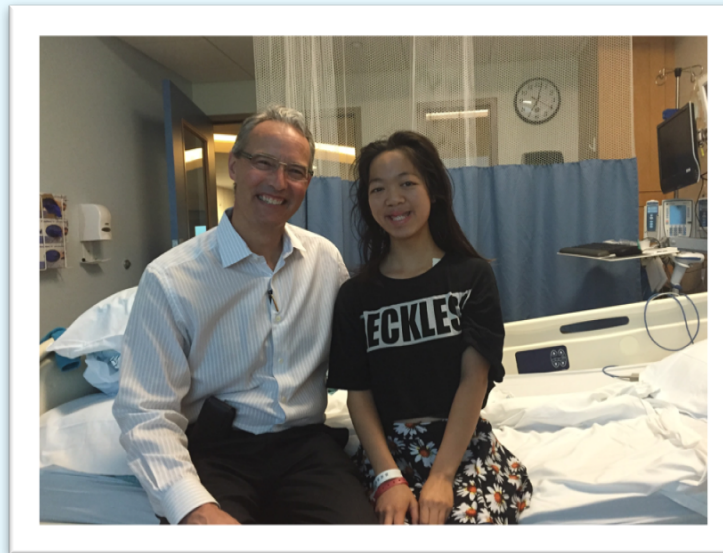


*Just keep
swimming!*

DAY 5: IT'S TODAY, MY FAVORITE DAY



**Finally, it's
the day I get
to go home!**

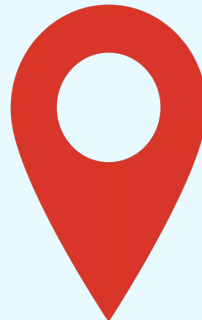


**Dr.
Newton
visits!**



**I've showered,
I've changed,
I'm ready to go!**

**Rady
Children's
Hospital →
Home, sweet
home!**



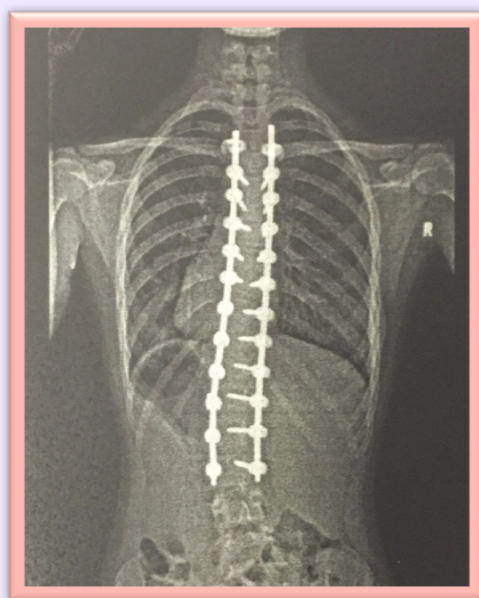
NEXT 3 WEEKS: ONLY UP FROM HERE

My main focus after getting home was feeling better and practicing walking and sitting. Within a few weeks, I was feeling like my pre-surgery self again.

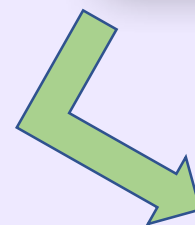


I GREW TWO INCHES!

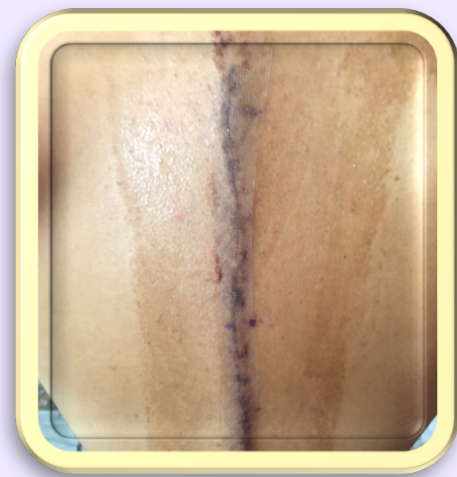
Getting better all the time!



TAKING OFF MY BANDAGE



**MY ONE
MONTH
POST-OP
X-RAY
MEASURES
FIFTEEN
DEGREES!**



THE AFTERMATH: THE GRASS IS GREENER

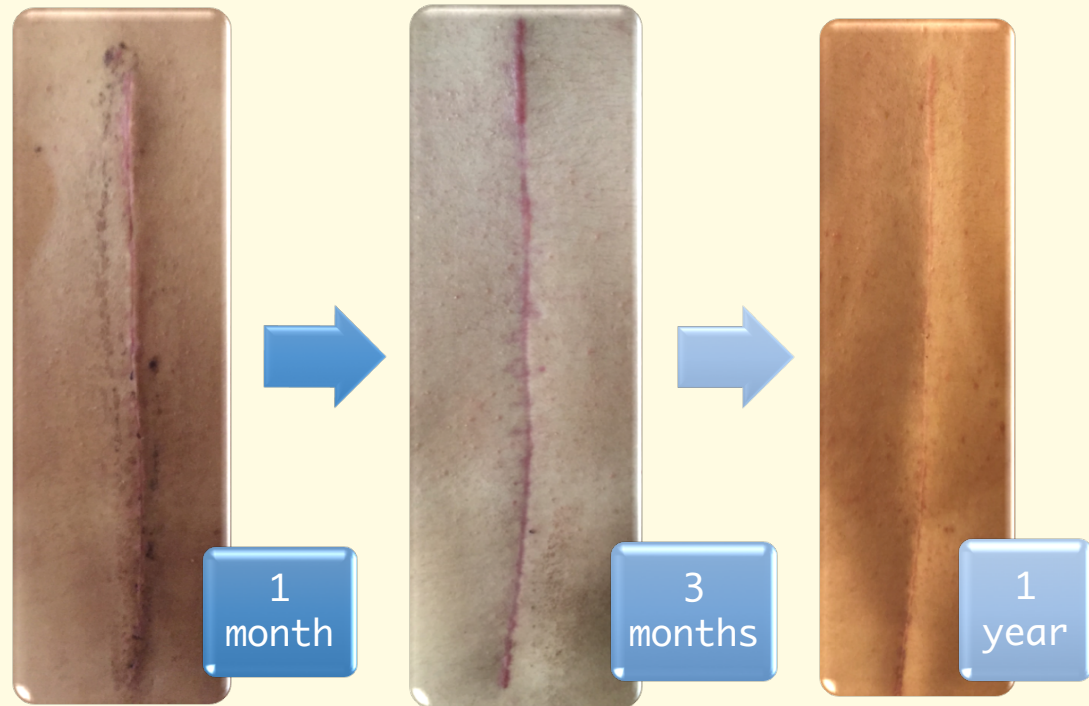
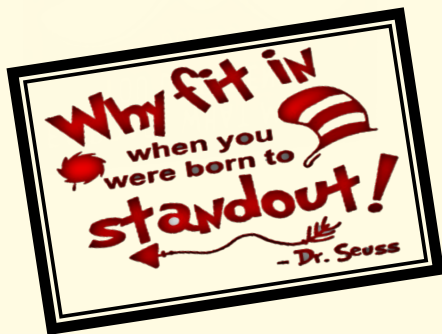
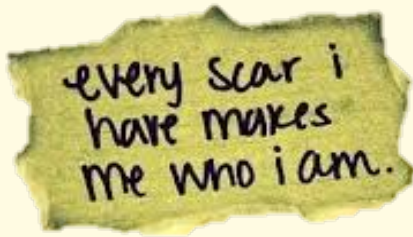
Since my surgery, I have been doing really well! My back is rarely in pain, and I've been very active.

I started sophomore year 6 weeks after my surgery, and I hit the ground running!



I spend a lot of my free time swimming, playing soccer, running, hiking, and playing viola.

SCARS TO YOUR BEAUTIFUL

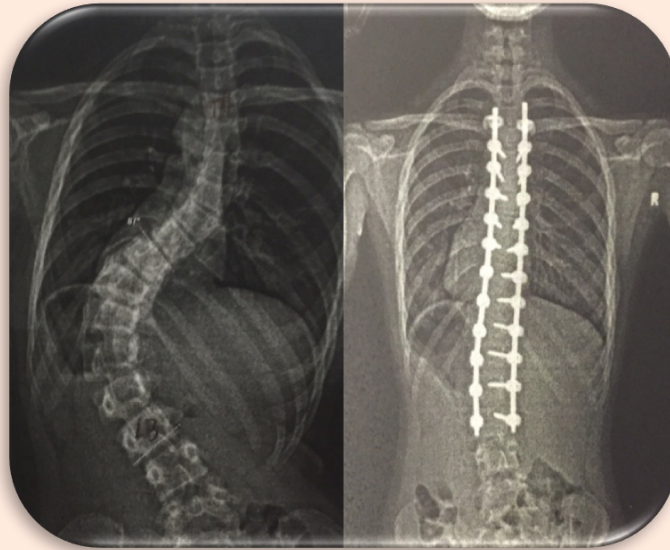


**My scar healed really well!
Now, you can barely see it.**

BEFORE AND AFTER

*It was
all
worth
it!*

Straighter!



WHAT A
DIFFERENCE!



Happier!

**More
confident!**

