

ABBY

OCCUPATION: Student



Abby is a scoliosis patient at APC. Like many scoliosis patients, her journey began at a young age. The lifetime of hard work, stretching and staying in shape it will take is daunting, but she has also found some silver linings. Here, she shares her thoughts.

When did you first learn about scoliosis and what was your reaction?

I first learned about scoliosis in 6th grade, when I found out I had a small rotation in my back. The following year, the rotation had increased and I was sent for x-rays. That was when my journey really began.

Top 3 things people who don't have scoliosis don't understand:

1. What it even is and the impact it can have on a person's life.
2. That I will have this condition for the rest of my life. Although I won't require surgery, the curve will still be there even when I take off the brace.
3. The little range of motion in the brace. It makes it barely possible to live a day-to-day life without limitations.

The worst thing about having scoliosis:

Having to schedule every hour of every day around wearing your brace. For example, it's really hard to wear it right after dinner because I'm full!

The best things about having scoliosis:

This has given me the chance to be a voice for and relate to other people with scoliosis. And it's absolutely made me a stronger person. I have good days and bad days, and there times I want to throw the brace out the window. But I do what I have to do to ensure I'm doing what's best for me.

If there were a scoliosis superhero, his or her name would be:

The Curve Master. Slogan: "emBRACE the curve!"

The best advice you'd give someone with scoliosis:

Never be ashamed. Your curve is like the color of your hair, only less common, which makes you unique. If you embrace your condition, you may find, as I did, that you are stronger than you thought. And in the end, you may find that your curve actually helps you grow as a person.