

WHEN ALICE RICHARDSON WAS TOLD THAT EXERCISE COULD SAVE HER FROM SURGERY, SHE DECIDED TO DO ALL THAT SHE COULD TO FIGHT HER CONDITION...

“I WON’T LET SCOLIOSIS TAKE OVER MY LIFE!”



When I was 12, I found out that I had scoliosis. Scoliosis is where your spine is curved at an angle instead of being straight up and down. Luckily, mine is quite mild and is at the bottom of my spine, by my hips.

“Before I knew that I had something wrong, I thought I just had growing pains. However, after getting checked over, I was told that I had scoliosis.

“THE DOCTOR SAID THAT I MIGHT HAVE TO HAVE MAJOR SURGERY...”

“The doctor said that I might have to have major spinal surgery as I get older — I would rather not get it, to be honest. I’m quite scared about the idea of surgery, but if it would help me and I had to have it, then I would.

“My dad started looking at alternative surgery on the internet and he came across the Scoliosis SOS clinic in London, so we went there to see if they could help me. The clinic told me about exercises that I should do and that if I did them, then there’s a good chance that I might not have to have surgery.

“The exercises were varied. I had to do things like resting on big poles and there

were wall bars to climb.

“Sometimes I have to lean on a big ball to put pressure on one side of my back.

“The staff were really nice — they would help me with my exercises and they were really friendly. They made it fun, even though I was working hard.

“After four weeks at the clinic, I was shown how much my spine had improved because of the exercises — there was a massive change. It was like looking at a different person! It’s good to know that I’m helping myself by doing the exercises — it makes me feel really positive about it all!

“My family and friends have helped me so much! My dad has been in touch with loads of private companies who have helped with my exercises and equipment, which helped make it just another part of my life instead of a big problem.

“I USED TO HAVE TO TAKE PAINKILLERS TO HELP WITH THE PAIN.”

“I have to wear a brace to keep my spine straight, too. Before I got the brace, it was quite sore — I couldn’t really get to sleep because the muscles felt really tight. I used to

have to take painkillers to help with the pain, but since I got my brace, it hasn’t really been sore at all, and it feels much better.

“I’ll have to wear the brace until I stop growing and then I shouldn’t have to wear it after that, but I will have to do my exercises for the rest of my life.

“The brace

has straps that make me lean to the opposite side from the way that my spine goes. It’s just like a brace for your teeth — it helps push me in the right position.”

“The worst thing about it is when you’re on holiday in a hot country and you can’t wear a bikini, but I try not to let it annoy me.

“MY FRIENDS HAVE SUPPORTED ME ALL THE WAY THROUGH THIS!”

“When I first got the brace I could hardly get it on, but my friends helped me with that. I’m lucky because they’ve been supporting me all the way through this!

“My school have been really helpful, too, especially as I was a little behind with my work, because I had been away to the clinic.

“Just now, I have to go back to the clinic for check-ups to make sure that I’m doing the exercises right and to get X-rays to see how my back is looking.

“I don’t let scoliosis take over my life, I’m just a normal girl who likes hanging out with her friends and going shopping. I love dancing and that’s what I want to do when I leave school.

“I DON’T LET SCOLIOSIS TAKE OVER MY LIFE...”

“I don’t think having scoliosis has changed me at all, but it’s maybe made me more aware of myself, it’s just another thing I have to deal with.

“I would say to anyone who has scoliosis to just stay positive, and not to feel bad about yourself — you’re still normal, you’re just the same as anyone else!”

FOR MORE INFORMATION ON THE CLINIC ALICE ATTENDS, CHECK OUT WWW.SCOLIOSISSOS.COM.

