

## Not so perfect kids!!!

My life was made better on July 26, 2010 by Orthopedics for Kids. I walk straight and tall and have no pain. Life is great and so are the doctors!!! Thank You, Thank You, Thank you for being so wonderful and for all that you do for all of us not so straight, not so perfect kids!!!

Um LORD HAVE MERCY I will say that the worst part of this journey was The Dreaded Brace (Ha Ha). I wore my brace for months to try and keep my curve from getting worse, I wore it for 20 hours a day. Well I built up to 20 hours a day. It was hard and I had to sleep in it as well, but I made it through. I had some pain and well it never got comfortable (for me, others might get fine with the brace I was allergic to mine HA HA). I went back to the doctor and was told my back was worse even having worn the brace like I should. They said I could throw the brace away. I had a talk with both the doctor and the nurse about how I might destroy it, I thought of many many ways. To make that long story short, my brace is now located in its final resting place in Mt. Olive, Alabama at the DUMP!!! :) I was told that I would have to have the operation to correct my back. I don't know about most people but I was thrilled. I didn't want to have to try any more contraptions that might or might not help my back. The way I looked at it was I wanted it fixed :) The doctor gave me a DVD to watch and I did. It taught about back problems and then showed the operation a little. I liked the video but my poor momma needed a cool wash cloth during the operation part. I was ready!!! But there was a rather big wait because the doctors dance card was full! :) very popular dance card!!! I knew a lot already about back operations because I had been there for my grandmother through 8. So honestly I didn't have many questions about the ins and outs of this. All I knew was I wanted to not wind up like my grandmother and later in life have to have so many operations. So I got my life ready for the operation. You know how we girls prepare I went SHOPPING!! for things that would make life easier when I got home from having it done. I also cleaned my room really well so I wouldn't have to come home to a mess and things to trip over :) I woke up from my operation and was sleepy... I had a pain pump and it made things better. I couldn't wait to get up and walk... And when I got the go ahead I was up and walking EVERYWHERE lol... I sat in my bed and did crafts I brought with me and did a lot of drawing. I was not hurting badly I FELT GOOD!!! I came home with no glitches at all. I had a long ride home a little bit north of Gardendale but I lived. Came home went to bed. I only took pain meds two days and that was because my momma made me so I wouldn't get to hurting badly. Then I was fine. I haven't even taken a Tylenol since then.

I want to share this with whomever comes looking for answers I couldn't find when I looked. I wanted to know how bad things would be after. But you know what... it wasn't bad at all. I can't bend like I use to but... I am working out my thighs and hiney now lol, squats are good for us. All in all at two weeks momma had to remind me to slow down and not to run down stairs. I went into this with a positive outlook. I knew I would be fine and I had everyone I knew praying for me. I also

had the best of the best going to operate on me. I am happy and pain free. If anyone would like to talk to me about my scoliosis operation I would be more than happy to answer any and all questions about how you will feel and what you can and can't do well. Let me know if you want to talk. It is hard to tell my whole story here with a limited space.

Yesterday I went for my check up it has been 7 months.. I was a little late going in but, My bones have started to fuse, I can now JOG,RIDE MY BIKE,SWIM, and pick 10 pounds up! (jumping up and down doing the happy dance!) My scar has faded a lot, you hardly notice it, (however my scar was never a worry to me) I NEVER hurt! I also wanted to say that I was never taken out of life. Meaning- life went right on after my operation with the exceptions of the things I was told not to do. I hate to say this was all easy because it sounds like I am being paid to say it, but with the help of everyone at OK it was easy to me!! And the only problem I ever have is not getting to see my FAMILY at Orthopedics for Kids enough... I love ya'll! I have my before and after x rays I would like to share if anyone is interested let me know!



Pre-op



Post-op