



**Resources
for everyone
impacted by Scoliosis**

#StrongerThanTheCurve

Follow Spinal Technology on social media



Whether this is your first scoliosis brace or your 10th, each one starts a new chapter. Your brace was handmade especially for you. No two braces are the same. You may not know anyone else with scoliosis, but you are not alone.

If your brace has a wear and care sticker on it, scan that for how to take care of your specific brace type. We also have many more scoliosis resources for you on our website.

Scan the QR code below for more tips and information.



This booklet has coloring pages, resources and links to other groups where other scoliosis warriors support each other. Meet new scoli friends and learn how they deal with wearing a brace to school or at nighttime. Join the community.

Spinal Technology has been fabricating custom spinal orthoses since 1991. From scoliosis to spinal trauma, we've got your back! Our team of experts in MA & KY have been helping orthotists find the best possible solutions so their patients can have a positive outcome!



**Spinal
Technology**

Scoliosis Superheroes wear many
different types of braces

Providence®

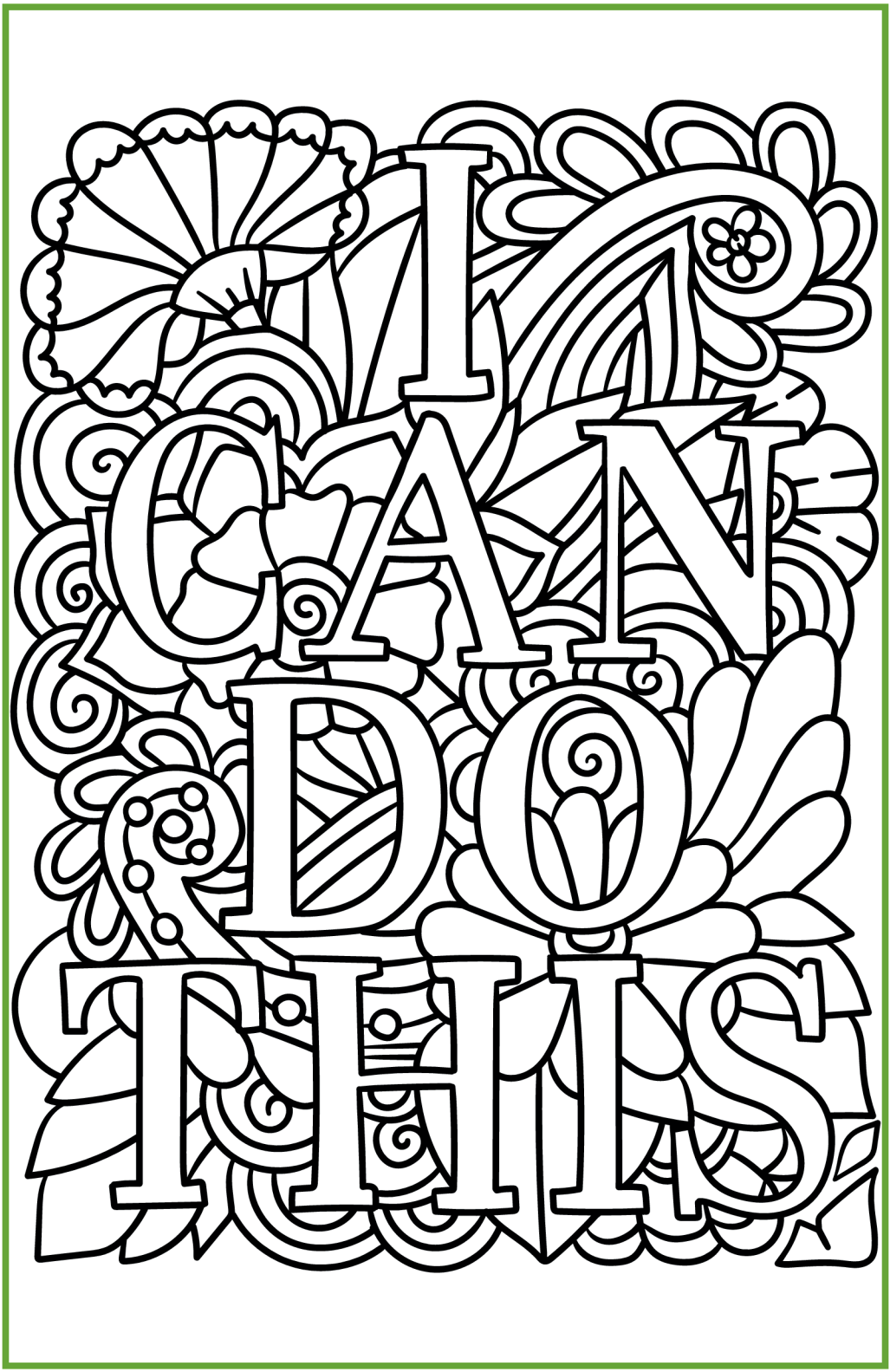
SCT 3D
Boston
(Style)

Chêneau
(Style)

Wilmington

Boston
(Style)

Color in the braces
and post a picture of your
designs on Instagram and
tag us @spinal.technology
using #ScoliosisAwareness

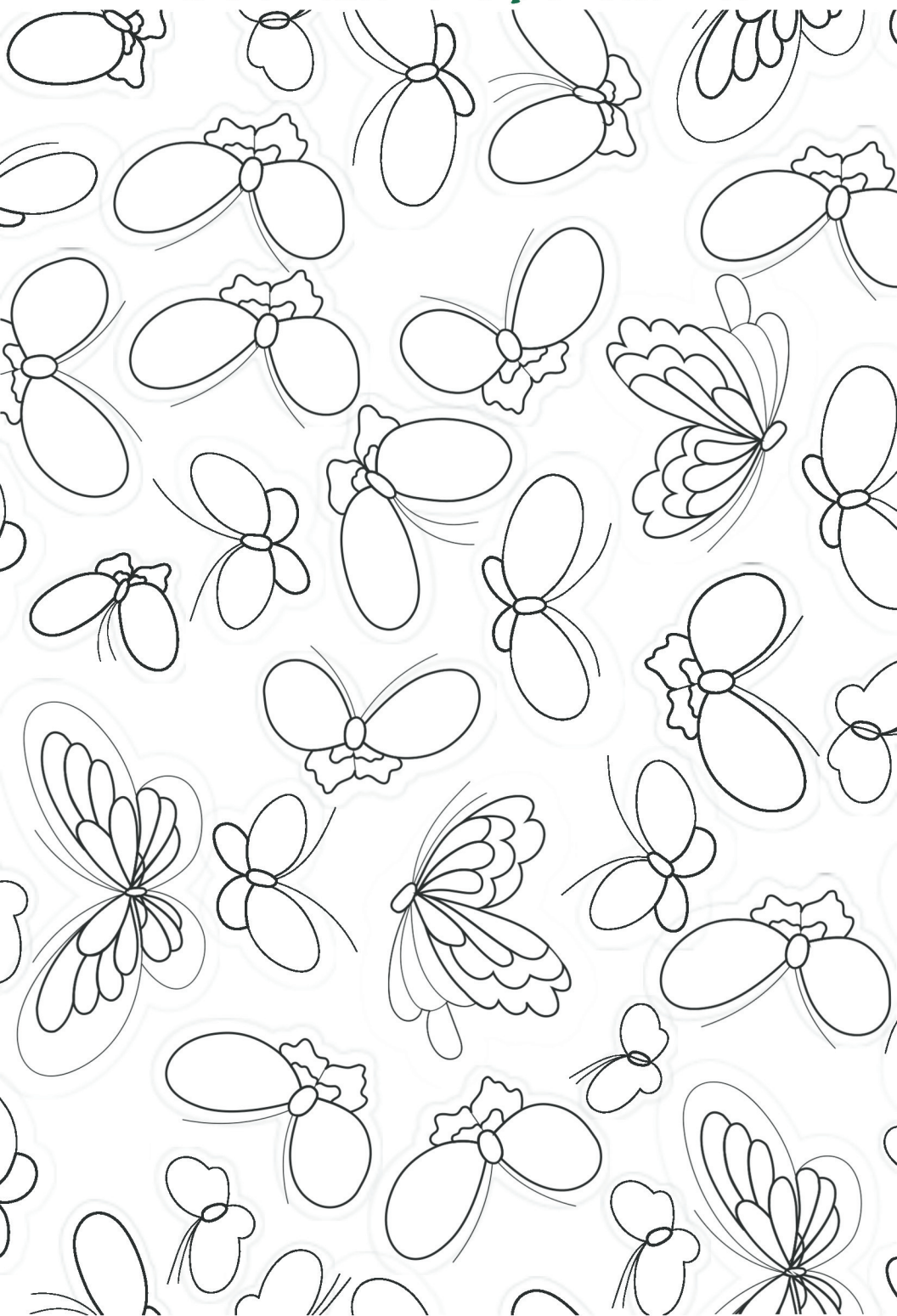


Transfer Pattern: Farm Animals





Transfer Pattern: Purple Butterflies



DON'T

GIVE UP

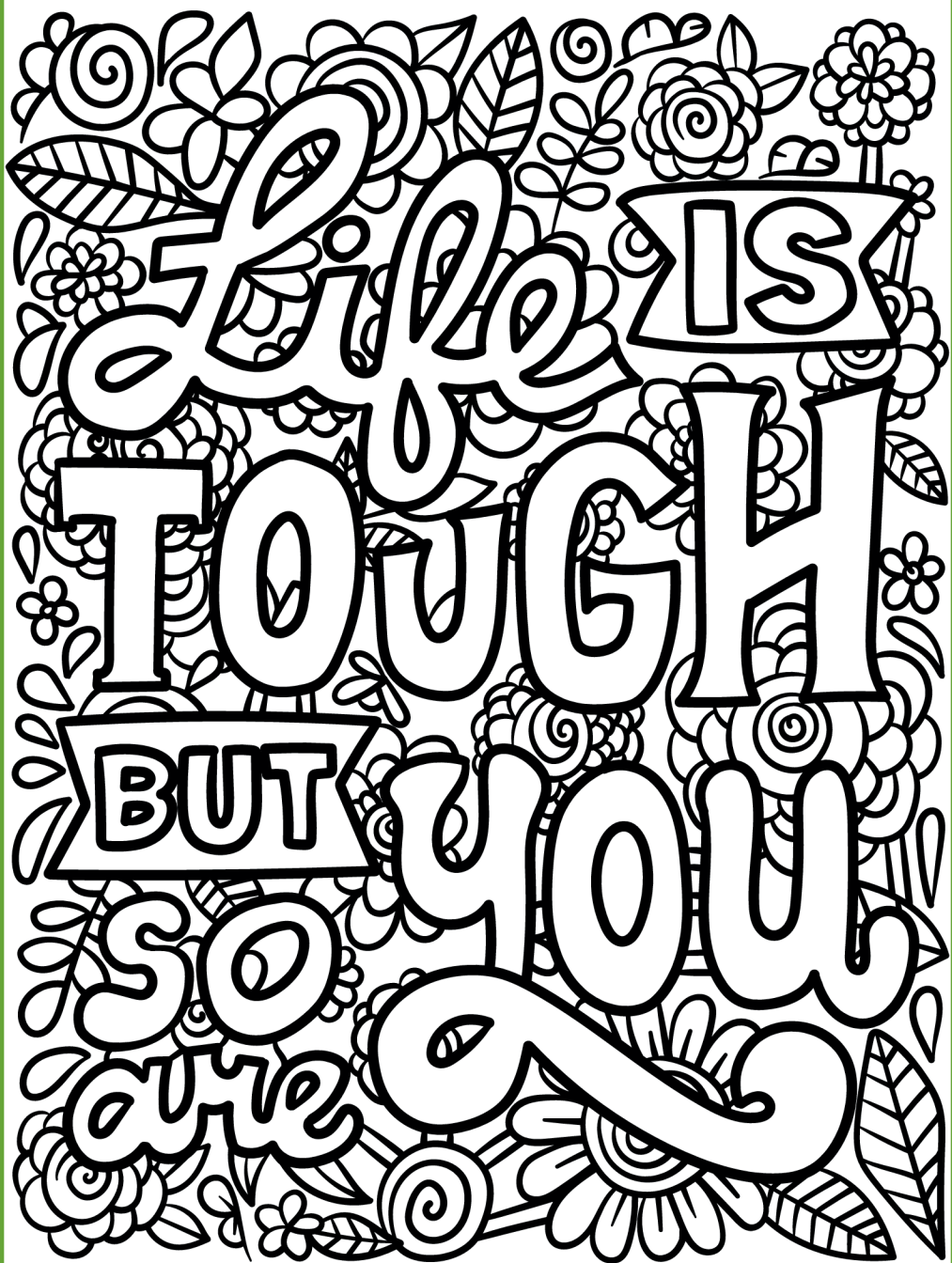
JUST

BECAUSE

THINGS

ARE HARD





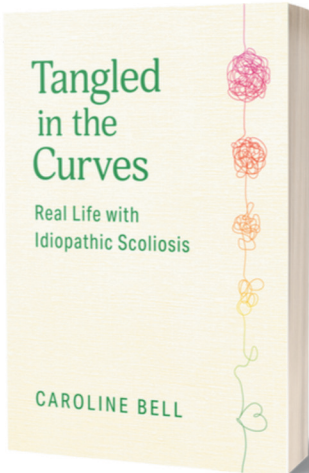
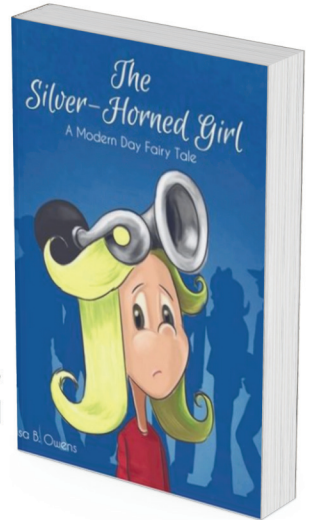
BOOKS

There are many good books that share the experiences of many different scoliosis patients. There are also books that illustrate the challenges we all face. Knowing you are not alone makes this journey slightly more tolerable.

The Silver-Horned Girl

Designed as a conversation starter for facing anxiety, The Silver-Horned Girl demonstrates to teens how similarly insecurity affects everyone. Whether they experience a visible difference or one less obvious, no one should have to suffer in silence.

Found on Amazon,
Barnes & Noble
@thesilverhornedgirl



Tangled in the Curves

Tangled in the Curves is an honest firsthand account of real life with idiopathic scoliosis that fully captures the scoliosis journey through teenage diagnosis, bracing, surgery, and adulthood. It's also a useful tool that provides easy access to an abundance of practical information: resources, options, research and expertise, tips and tricks, and personal stories from "scoliosis warriors" around the globe.

Found on Amazon,
Barnes & Noble

@the_scoliosis_book

Other Books

- Being Grace: A Story for Children about Scoliosis
- Braced
- Straight Talk Scoliosis
- Deenie
- The Emotional Journey of Scoliosis
- Growing Up in a Brace

Other Resources

You are not alone. There are thousands of Scoliosis Warriors just like you all over the world.

- **Follow #scoliosis related hashtags on social media**
- **Join Facebook groups like Higgy Friends or Embraced- Scoliosis Bracing Support for Parents**
- **Find undershirts to wear under your brace- Embraced in Comfort or Higgy Bears**
- **Learn terminology at Scoliosis Research Society- SRS.org or Setting Scoliosis Straight**
- **Find local / online mentors or friend groups at**
 - **CurvyGirlsScoliosis.com**
 - **BracingforScoliosus.org**
 - **HiggyBears.com/Higgy-Friends**
- **Listen to the Scoli Squad podcast**
- **Attend scoliosis events like Higgy Con**
- **Search for more books and blogs about scoliosis**
- **Talk to your school about your diagnosis and put together a 504 plan**
- **Watch our Scoliosis Awareness video series on YouTube- scan QR code to watch.**



Spinal
Technology



HIGGY BEARS



#FrancescaTheHiggyBear

FREE MINI HIGGIES



FUN VIRTUAL
GROUPS FOR KIDS
& PARENTS!

HIGGY ZOOMS

HIGGY CON

THE LARGEST GATHERING OF
SCOLIOSIS PATIENTS IN THE WORLD!



HIGGY FRIENDS

IN PERSON FUN GROUPS

HIGGY SHOP

BRACE BAGS, CLOTHING,
NOTEBOOKS, BRACE SHIRTS,
JEWELRY, WRISTBANDS,
HIGGIES,
MUGS, & MORE!



HIGGYBEARS.COM



HIGGY BEARS

MAKING SCOLIOSIS BEARABLE!



higgybears.com



lauren@higgybears.com



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higgybears



SCOLIOS-US & YOU



THE EMPOWER HOUR

Empowering kids & teens with scoliosis through fun, expertly led virtual support groups



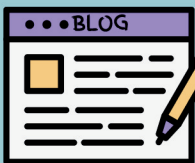
MENTOR PROGRAM

Connect with someone who knows exactly what you're going through



SCOLI SQUAD PODCAST

Listen in as our teen hosts talk about scoliosis, bracing, surgery, and more



BLOG, INFO, & RESOURCES

Find evidence-based info, resources, & personal stories from the scoli community



FIND A PROVIDER

Connect with local mental health providers who understand scoliosis



SCOLIOS-S



bracingforscoliosis.org



info@bracingforscoliosis.org



facebook.com/scoliosus



bracingforscoliosis



bracingforscoliosis



YOU GOT THIS!

And remember, we're
here to help!

There is a whole community here to support you along your scoliosis bracing journey. Higgy Bears and Scolios-us were created to make your journey just a little easier, a little smoother, and a lot more fun! Open this brochure to learn more about Spinal Technology and these amazing non-profit organizations.



**Spinal
Technology**



**HIGGY
BEARS**

