

OLIVIA

OCCUPATION: Student



A scoliosis patient at APC, Olivia has one emphatic message for other young people who are just learning they have scoliosis: “Scoliosis doesn’t stop you from doing what you love!” And as a basketball and tennis player, she has some authority on the subject. Here, she shares her thoughts.

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

I had several friends diagnosed, and then my sister found out she had it. Needless to say, I was nervous.

The 3 worst things about having scoliosis:

1. Trying to move in your brace — for example, tying your shoes.
2. Wearing the brace on hot days.
3. The brace can make clothes more challenging to wear.

The 3 best things about it:

1. You stay warmer in winter!
2. You feel unique and special, but aren’t treated any differently.
3. It helps me learn to persevere and overcome challenges.

The rudest thing someone has said about your curvature:

Nothing! Scoliosis really doesn’t change what you can do, so a lot of people probably don’t even notice. But the ones who do are more curious than rude.

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

SuperCurve!

The best advice you’d give someone with scoliosis:

Wear your brace for as many hours as you can. It really makes a difference.