



To: Families of Patients with Scoliosis
From: Your Scoliosis Team at Spinal Dynamics (Amy, Meg, Cindy, Heather)
Re: Communication and Sharing Opportunities

Since launching our scoliosis program in 2005, we have had many parents ask about:

- Finding emotional support for their children and themselves as they journey through this challenging time in their lives
- “Spreading the word” about our program so others can learn about non-surgical conservative options including Schroth

In response to these requests, we have a few suggestions that might interest you:

Emotional Support

- Parents are encouraged to participate in our monthly *Parent Coffee Connection*. This relaxed, informal event is for both novice and veteran parents to gather and support one another. The group will meet the first Monday of every month from 5:00 to 6:00 PM at Panera Bread at Mayfair Mall, which is located in walking distance of the clinic.
- Kids can participate in a quarterly discussion group dedicated to teens involved in scoliosis treatment. The group is facilitated by a licensed psychotherapist at the ProHealth Behavioral Health office in our building. For details, contact ProHealth Care at 262-502-3300 and request information on the next scheduled “Your Time” session.
- Parents and kids are welcome to gather informally before and after therapy visits here at our clinic. Developing relationships with other families going through similar experiences can be a strong means of motivation and support.

Spreading the Word

- Consider participating in online discussions about scoliosis. Some of our patients and families have posted information about their experiences with Spinal Dynamics at these sites. Sharing information can be a good outlet for patients and families. And, it can provide a good feeling to know you are helping other families learn about non-surgical options for scoliosis. (See attached list of Scoliosis Discussion Forums)
- Consider writing a testimonial about your experience with Spinal Dynamics for publication on our Web site. See <http://www.sdwpt.com/successes.php>.
- Consider being a reference for our program. Parents researching treatment options find it helpful to talk with other parents and/or children about their individual experiences at our clinic. Please let your therapist know if you would like to be a reference for us.

Spreading the Word, continued

- Consider sharing your story with a journalist. Read articles about some of our patients at <http://www.sdwpt.com/news-events.php>. Our public relations consultant, Beth Strohbusch, welcomes your call or email, and is happy to answer questions. Contact her at bstrohbusch@wi.rr.com or 414-259-3983

We hope these resources are helpful. As always, we welcome your suggestions and feedback.

Scoliosis Discussion Forums

Online discussion forums can be helpful in providing information and/or emotional support for children and families as they address scoliosis. These sites also help inform families about treatment options including Schroth.

Please consider participating in these forums. If you do, please let us know if you find one or more of them to be valuable to you and/or if you submit information about our clinic. Share your perspectives at one of your appointments, or call us at (414)302-0770.

Thank you –

Your Scoliosis Team at Spinal Dynamics (Amy, Meg, Cindy, Heather)

National Scoliosis Foundation Forum

<http://www.scoliosis.org/forum/index.php>

Note: This is a one of the most popular and active scoliosis forums.

Scoliosis World Forum

<http://scoliosisworld.ning.com/>

Spinehealth.com Scoliosis forum

<http://www.spine-health.com/forum/conditions/scoliosis>

Scoliosis Support Forum

<http://www.scoliosis-support.org/index.php>

Others:

<http://www.wellsphere.com/discussion-forum/scoliosis>

<http://www.healthboards.com/>

http://health.groups.yahoo.com/group/Infantile_Juvenile_Scoliosis/

<http://health.groups.yahoo.com/group/Scoliosis-Medical>

<http://uk.groups.yahoo.com/group/Scoliosisnutty/>

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