

“Samantha was diagnosed with juvenile idiopathic scoliosis at the age of 8 in 2013. Because of her large curve (28 degrees) and the specifics of her case, she has been identified as a likely candidate for progression and surgery.

Coming to terms with the diagnosis of scoliosis was hard for Samantha and for our family. Initially our focus was on slowing progression of the scoliosis or halting it. But Samantha asked challenging questions like “why can’t it actually get better?”. These questions and the fact we really didn’t have an answer to them, prompted our family to investigate alternative treatment plans.



Essentially we choose to subscribe to the view that if you do what the orthopedic team advise (which is nothing other than observation) then you can expect the outcome predicted, which in Samantha’s case was TLSO bracing and spinal fusion.

We adopted a holistic and planned approach in putting in place a variety of initiatives designed to not just halt but improve the curve. We have employed multiple strategies like physiotherapy/exercise, swimming, dietary (whole foods / paleo), vitamin D supplementation, melatonin supplementation (to support sleep that was previously problematic), orthotics and sleep and seating positioning. At our last check-up Samantha’s curve had reduced from 28 to 20 degrees.

We realise we are entering the most challenging of times as between the age of 10 and 13 we can expect Samantha to grow the most. We are satisfied that we have enough in place to manage what is thrown at us and also have other things up our sleeve such as the amazing DMO scoliosis suit which we have investigated and would opt for as an alternative to TLSO bracing should we need to brace in the years ahead.