"When I feel sad about my brace or frustrated I talk to my friends or family or write down what I am feeling."

~ Chloe

“By putting my feeling[s] into words it is a relief.”
“Nobody wants to find out that she needs to wear a brace, but wearing it is worth it. It works, and provides the best chance to avoid surgery.

Often, the biggest concern is how your friends and others will react at school.

Own it!

You have an ability to control your outcome, and patients that take charge and wear it with confidence are respected by their peers rather than made fun of.”

~ Michael Glotzbecker, MD
Boston Children’s Hospital
Spinal Program
“You’re only given what you can handle…”

“...and instead of thinking of myself as the girl with scoliosis, I can think of myself as the girl who is strong enough to handle scoliosis.”

~ Clare
“Customize your brace by choosing the color of the brace and the color of the straps. Doing this helps to make the brace your own. It is truly empowering to take responsibility for your bracing program, and it is only a snapshot of time; it isn’t forever....”

~ Amanda Burns, NP
Boston Children’s Hospital
Department of Orthopedic Surgery
“When I don’t feel like wearing the brace, I put it on anyway and plop on the couch to watch a movie....”

~ Mackayla
“Bracing has been the foundation of effective scoliosis care for decades and can help the right patients avoid major surgery.

Bracing for scoliosis has a long standing tradition of outstanding care and innovation since Dr. John Hall and Bill Miller designed the original Boston Brace.

Bracing clearly provides effective care while avoiding major surgery in the right patients.”

~ Peter Waters, MD
Boston Children’s Hospital
Orthopedic-Surgeon-in-Chief
“I remind myself that if I don’t wear the brace, I will have to have surgery.”
~ Skylar
“Use your voice and ask any questions you have about your brace. The more you understand about how the brace does its job, the easier it is to use.”

~ James Miller
Clinic Director
NOPCO of Boston Children’s Hospital

“A brace program gives patients an opportunity to take charge of their treatment. Bracing can be a challenge, but it does work!”

~ M. Timothy Hresko, MD
Boston Children’s Hospital
Spinal Program
Boston Children’s Hospital’s Orthopedic Center’s Spinal Program has a rich history in pediatric spinal care, including non-operative, minimally invasive, selective fusion and instrumentation for scoliosis.

Our researchers developed the Boston Brace, the most widely used scoliosis brace, more than 40 years ago.

We joined the Bracing in Adolescent Idiopathic Scoliosis Trial (BrAIST), a study to assess the effectiveness of bracing scoliosis patients. Results provided strong evidence for the value of bracing.

We care for patients with scoliosis in Boston, Lexington, Peabody and Waltham.

Call for an appointment: 888-900-7054
Bostonchildrens.org/scoliosis