

Coming to Spinal Clinic Prep Sheet



Your spinal clinic appointment will be full of new information, so it can help to think about what you want to know before you come. This prep sheet is designed to help you think about what you want to ask or find out about when you are there. You might find it helpful to work through it with your mum, dad or carer.

REMEMBER

It's **your** back, so it's important **you** know about things. But it's still **your** choice to ask questions or not.



IDEAS FOR QUESTIONS



We asked other young people who have been to spinal clinic what they thought would be good questions to ask.

Here's what they said...

Why has this happened to me?

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What does my X-ray show?

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Which treatment is best for me?

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What different treatments are there for scoliosis/spinal problems?

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Is there someone I can talk to about how I am feeling?

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How will scoliosis affect me in school and at home?

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What if I have questions when I get home?

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What happens next?



Are there good places to look for information?

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ADDITIONAL THINGS...

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DON'T FORGET

It can also help to remember things if you – or your mum, dad or carer – make notes as you go.

BEFORE YOU LEAVE

Make sure you understand what was discussed **and** what will happen next.



Edge Hill
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