

# Sophie's joy at getting her skates on

## Youngster fights back condition



**Sophie Patterson**

A Shropshire teenager is celebrating getting her skates on again after a programme of exercises helped her overcome a painful spinal condition.

Sophie Patterson, a 13-year-old from Conover, near Shrewsbury, was diagnosed with scoliosis in May – a condition that affects about four per cent of the population and causes the spine to curve and affects vital organs.

She said the problem affected her active lifestyle that saw her take part in trampolining, roller-skating and

riding her BMX bike, as well as her schoolwork.

“I used to do so much trampolining but over the last year my back had been so sore this was almost impossible,” she said. “I also love being on my BMX bike but because of the curve in my back I would regularly fall off and this caused even more pain.

“I was getting pain when doing all of my social activities and just going to school was really hard work.”

While the standard treatment for

the condition involves fitting a patient with a back brace or undergoing a major operation to correct the problem, Sophie and her family opted for a treatment programme run by the Scoliosis SOS clinic in Suffolk, which she attended in August and September.

The programme sees sufferers work on strengthening the muscles surrounding their spine.”

Following the treatment, she has been able to take up running, as well as restarting her roller-skating hobby.