

**SCOLIOSIS COACH YOU TUBE CHANNEL: (LOOK AT MY SUBSCRIBED CHANNELS)**

<https://www.youtube.com/channel/UCmj45y9ZuxSfETHMa773WRw>

**SUPPORT GROUPS AND FAQ FORUMS:**

<http://scolispine.wix.com/scolispines#!Sleeping-101/cy97/557c499e0cf298dc5b97ac34>

[www.curvygirlsscoliosis.com](http://www.curvygirlsscoliosis.com) - a site for girls with scoliosis, with a forum, events, store, and more!.  
[minnieatkinsonn.wix.com/thescoliosisblog](http://minnieatkinsonn.wix.com/thescoliosisblog) - includes other helpful sites, and books about scoliosis

<http://www.scoliosis-support.org/showthread.php?1277-How-do-you-sleep-in-brace>

<http://forum.curvygirlsscoliosis.com/phpbb3/index.php>

<https://scoliosissiblings.wordpress.com/>

<http://www.scoliosis.org/forum/archive/index.php/t-342.html>

<http://www.iscoliosis.com/FashionRescue.pdf>

[www.iscoliosis.com](http://www.iscoliosis.com) - an extremely helpful site with information about bracing and treatment

[scoliosisnutty.blogspot.com](http://scoliosisnutty.blogspot.com) - A cute little blog on scoliosis.

[scoliosis-braceyourself.blogspot.com](http://scoliosis-braceyourself.blogspot.com) - Another cute blog about scoliosis

[scoliosisliving.blogspot.com](http://scoliosisliving.blogspot.com) - A blog about a family going through the struggles of Scoliosis.

**VIDEOS ABOUT BRACES:**

<https://youtu.be/GkKPNlksFmg>

<https://youtu.be/3cxSqsdko3g>

**UNDERSHIRTS:**

You must wear an undershirt between your skin and the brace. This will improve comfort and reduce the risk of skin abrasions and sweat rashes. The shirt should ideally be cotton, tight fitting, long enough to cover the whole brace and be seamless. You can try: [www.Tillys.com](http://www.Tillys.com)

Torso “Sock” – with or without flap to protect against brace edges:

<http://royalknit.com/products/torso-socks/> OR <http://www.bostonbrace.com/content/accessories.asp>

<http://scoliosisliving.blogspot.com/2014/04/what-to-wear-under-your-scoliosis-brace.html>