



**Shriners Hospitals**  
for Children®



Shriners Hospitals for Children® – Salt Lake City would like to express special thanks to Dillard's, Faces Photography, Paul Mitchell School and Sanctuary Spa & Salon for their efforts in creating this brochure.

Shriners Hospitals for Children® is an international health care system of 22 hospitals dedicated to providing pediatric specialty care, innovative research and outstanding teaching programs. Children up to age 18 with orthopaedic conditions, burns of all degrees, spinal cord injuries, and cleft lip and palate are eligible for care. All care is provided without financial obligation.

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**Shriners Hospitals**  
for Children®

Salt Lake City  
Pediatric Specialty Care

Orthopaedics

## What to wear when life throws you a

# CURVE



Fashion tips for scoliosis patients

## Letter from the Editor

At Shriners Hospitals for Children® – Salt Lake City we understand a scoliosis diagnosis might feel like a fashion death sentence, however a brace does not doom you to a wardrobe of baggy sweats.

Although there are far more important worries in life than whether your closet is filled with designer labels, let's be honest; clothes matter to teenagers.

Clothing gives you a chance to express yourself – whether that means fitting in or standing out. It doesn't matter if your look is trendy, athletic or alternative, a brace may seem like an obstacle to expressing your sense of style. It's true that your brace may feel bulky and uncomfortable at first, but you really can wear your brace and the latest fashions at the same time.

You don't have to take our word for it, you can see for yourself. With the help of Dillard's and Faces Photography we were able to put this fashion brochure together. All of the clothing was modeled by scoliosis patients. Each model wore her brace in every photograph.

We've also included a number of tips and tricks for making the clothes you've always loved to wear work with a brace. You may need to be creative in putting together your own look, but it's easier than you think to coordinate an outfit that looks great and camouflages your brace.

As you shop, be true to yourself. Remember, it doesn't matter what the rest of the world thinks of what you wear, what matters is that you like the image you present to it. We encourage you to tuck this booklet in your bag and start shopping again – with confidence.



# HOODIE

Although we wanted to show you brace wearers don't have to wear sweatshirts all the time, who can resist a hoodie? The zip-front hooded sweatshirts are extremely comfortable. The extra layering created by the hood resting on your back will also hide any bumps in your profile. Hoodies come in a range of styles, fabrics and colors allowing you to dress your look up or down.

Shop for dresses with volume and shape. Designs that gently flare from a fitted top are especially forgiving.



**Wide leg dress pants** – Soulmates  
**Ruffle trimmed V-neckline short sleeve top** – Takara  
**Long plaid jacket** – Takara  
**Necklace** – M. Haskell



**Plaid 2-fer Dress** – French Dressing  
**3/4 sleeve cardigan** – Say What  
**Earrings & Necklace** – M. Haskell

## LAYERING

Whether you choose a zip jacket, blazer, coat, puffer jacket or sweater – layering gives you great style and coverage. Cropped jackets are figure flattering and provide a lightweight alternative in warmer weather.



**Button front tunic top** – Copper Key  
**Leggings** – Los Angeles SL  
**Reversible stretch belt** – Another Line  
**Hat** – Dillard's

Belting pulls an outfit together with style, it also allows the wearer to create a new focus. Belts let you determine where you want the fabric to fall.

## BELT

Leggings are ideal to wear under a long shirt or a short dress. The elastic waistbands are comfortable, convenient and fit easily over most braces.

## LEGGINGS



**Short sleeve turtleneck sweater dress** – Max Studio Specialty Products  
**Long leggings** – Chelsea & Violet  
**Necklace** – M. Haskell  
**Bracelet** – RJG

HAT Accessories, such as a hat or large bold pieces of jewelry, are a great way to direct attention away from your brace and create a look that is uniquely yours.



# POCKETS



**Jeans** – Big Star  
**Bell sleeve tunic top** – Rampage  
**Long sleeve open front cardigan**  
 – Happening in the Present  
**Earrings** – M. Haskill

Cargo pants or jeans with flap-style pockets will make a brace less noticeable and create a more rounded profile. If you prefer pants without pockets consider a long or tunic-style shirt.



**Woven button front plaid shirt** – Takara  
**Bootcut jeans** – Miss Me

Wider-leg styles will visually balance the bulk of a brace, but skinny jeans still look great with a shirt that extends past the hips. Stretch jeans (cotton combined with spandex) offer more give than traditional denim and will accommodate a scoliosis brace. If you still have trouble fitting the waistband, consider buying the next size up.

Full, pleated, A-line or tiered skirts provide the flounce necessary to conceal a bulky brace. Embellishments such as ruffles, layers, patchwork and embroidery add visual appeal that will also deflect interest from any lumps or bumps.

# A-LINE



**A-line skirt** – Jody  
**Cap sleeve tee with a flower appliqué** – Chelsea and Violet



**¾ sleeve burnout cardigan with draped open front** – Hip  
**Black/berry animal-print flared ITY skirt** – Catch My Eye  
**Satchel** – Calvin Klein

# SHIRTS

Choose body-skimming shirts over body-hugging tops for a more flattering look. Tunics and tops with an empire waist are ideal for brace wearers. However, you can wear almost any style of shirt, tube top or tank as long as you accessorize it with a jacket or cardigan.

STYLING