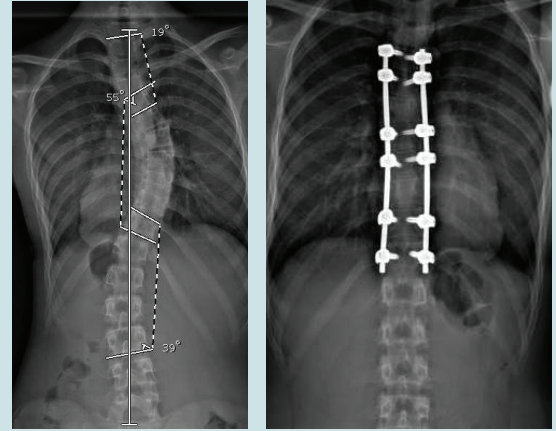


Texas Spine & Scoliosis

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Sabina's spinal curve was discovered in 7th grade. She wore a brace to help prevent the curve from worsening, but still surgery would be needed by Dr. Geck to correct both a thoracic and lumbar curve. With the surgery behind her now, she's running half marathons. Jacobe had a 55 degree thoracic curve and a 39 degree lumbar curve which were corrected with scoliosis surgery.

Half marathons after scoliosis surgery

Jacobe began developing a spinal curve back in the 7th grade, which is when most scoliosis cases emerge during the adolescent growth spurt. "My mom noticed some asymmetry in my back," Jacobe remembers.

"My doctor at the time recommended that I wear a brace to try and stop the curve from worsening as I grew. I wore that brace religiously, because I wanted to avoid surgery if possible. However, by my freshman year in high school my doctors determined that my spinal curve had worsened a great deal, despite wearing the brace. I had two curves in my spine, a thoracic and lumbar curve. Both had worsened and were severe. I think both curves were over 30 degrees, with

my lumbar curve being over 50 degrees. Because I was into dance and ballet, the spinal curves began to affect my activity. Once surgery was necessary, we searched for a scoliosis surgeon and we found Dr. Geck, who ultimately did my scoliosis surgery. He is amazing."

Jacobe's scoliosis surgery was successful in correcting the two spinal curves. "My recovery went pretty well," Jacobe remembers. "I was excited to get back to activity, so I started physical therapy as soon as Dr. Geck recommended. Her goal was to return as quickly as possible to her high school where she was part of the girl's dance team.

"Actually the day before my surgery I had tried out for the high school drill

team, and I made the varsity team," Jacobe remembers. "So while my scoliosis was pretty extreme at the time, the spinal curve wasn't readily apparent to others and didn't affect my tryout."

Jacobe pushed herself through the recovery phase after her scoliosis surgery. "After my rehab, Dr. Geck didn't give me any restrictions on my activity. I was able to recover quickly and get back with the varsity drill team all four years."

After high school graduation, Jacobe transitioned from dance to a new activity. "I stopped dancing after graduation," she says. "Now I'm a runner and just ran my first half marathon. I run with no problem from the surgery. My goal is to ultimately run a marathon. I'm already training for that."