

# A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.

## SPINAL DYSPLASIA: LEARNING TO LIVE A FULFILLING LIFE

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FEATURED WRITER



Spinal dysplasia is a condition that is most commonly known as dwarfism. It is an umbrella term for many deficits involving bone and cartilage growth. Individuals are classified based on the part of the skeleton that is involved. For individuals diagnosed with spinal dysplasia, they may have abnormalities in the size of their upper and lower extremities, trunk, and skull. They also are more likely to have a short stature. Spinal dysplasia is a

genetic disorder caused by various types of genetic mutation. Some children may be born with a short stature, while others are born with a normal stature and fail to grow later on.



**A New Day Pediatric Psychology, PLLC** falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

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Although each type of spinal dysplasia is rare, one in 5,000 births is affected by the condition. The symptoms of spinal dysplasia vary depending on the type of disorder the individual has. These may include stubby fingers, club feet, missing limbs or ribs, fractured bones, joint pain, scoliosis (curvature of the spine), and developmental and cognitive delays.

When a child is diagnosed with spinal dysplasia, their parents may lose hope of their child living a fulfilling life due to potential struggles. However, individuals with this disorder are able to live life like everyone else; they may have to adapt to the world in their own way. One of the best gifts a parent can give to a child with spinal dysplasia is to allow them to be their own person and push them beyond their limits. Although it can be difficult to let the child spread their wings due to society's perceptions of people with disabilities, it is only going to help them build skills needed to be successful in adulthood. For those with cognitive delays, this concept still applies, but modifications may have to be made in order to help them to understand the world at their level.

Mental health professionals can help people with spinal dysplasia by assisting them to see that their situation does not define the person they are, it is only a small part of their identity. Cognitive Behavioral Therapy may be a great technique to challenge their negative thoughts about their disability. Even though spinal dysplasia can be difficult to endure, it does not have to take over a person's life. People are stronger than their disorder.

**Have you tried everything and nothing works?  
You are not alone!**



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## STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

  
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