

Hi all, Update March 21, 2025

**Big nerws!!** My older son, Grant, who founded and operates a large Jujitsu Academy in California has been insisting I get a new updated website for the clinic, but I am aware of the huge expense in a project like that and so have refused. Last week Grant wrote that the man who built his terrific website has offered to build me a brand new site for $500. Grant said this man is the best in the business, and it was an offer too good to refuse, even though still a major expense, so I agreed. I think Grant must have picked up much of the cost as a gift. I am hoping this site will be more easily excepted by the search engines, and give the clinic more visibility and encouragement to those looking for help. I’d love your feedback when the new site is finished, which should be in a couple of weeks. At that time, I will send a quick update and let you know that it’s published and you can go to our homepage and look at it, and let me know what you think.

Most support groups/bulletin boards have now moved to Facebook. So the two links I sent you for support groups online in the last update are no longer active at all so just ignore those. There is also one on Reddit which can be found by searching in Reddit for r/dystonia. I am sure there are other social media platforms as well, but these are the ones I am most familiar with.

This very helpful email just came in from Ginger:

People just get on Facebook and/or YouTube and type "Spasmodic Torticollis Recovery" in the search bar. Anything related will show up on a list for people to scroll through.

And Tom Seaman just sent this helpful links of some of the best sites for the ST community. THANKS Tom!

Cervical dystonia support forum

<https://www.facebook.com/share/g/1BtZ7RNyNk/?mibextid=wwXIfr>

Dystonia support and awareness

<https://www.facebook.com/share/g/1BnQif6j6w/?mibextid=wwXIfr>

Cervical dystonia spasmodic torticollis

<https://www.facebook.com/share/g/1DP62Dxepx/?mibextid=wwXIfr>

Dystonia support group UK

<https://www.facebook.com/share/g/1BW9XNf82U/?mibextid=wwXIfr>

UK support group for spasmodic torticollis/cervical dystonia

<https://www.facebook.com/share/g/18D2v2MyBK/?mibextid=wwXIfr>

Thanks so much for your prayers and for your financial support at this time. I had surgery #6 on Thursday. That was a little rough – 3 ½ hours in the OR and another seven hours in the recovery room, but all is well and I am slowly getting my energy back. The 7th and final reconstruction phase surgery will happen in late May or early June and that should be it. The Lord has been so close during all of this, and I’m so grateful, but this is a journey I would not want to repeat anytime soon!

Please be good to yourself, and do the program, whether you feel like it or not, and trust that your body is getting better and better from the inside out. Love to all, Abbie

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