

Breaking the Back Pain Barrier

When summer comes to an end, many of us feel a palpable mood change as we look forward - perhaps with a little trepidation - towards the autumn and winter months.

For some chronic pain sufferers, this change of season does little to brighten their overall outlook and feelings of negativity can have a detrimental impact on any well-intended treatment plan.

There are important links between mood, depression and back pain. And yet when it comes to chronic back pain, wouldn't most patients feel a lot better if someone could simply take away their pain and help them to get a good night's sleep?



Paul Morrissey (right) of Croydon Back Pain Clinic, Surrey helps patients enjoy a more positive outlook without back pain.

In the past, chronic pain sufferers have had very few treatment options - particularly those with spinal disc problems. Those who were not making improvement with hands-on treatments often needed to resort to surgery.

With IDD Therapy, practitioners are able to provide patients with a complete programme of non-invasive care which offers significant improvement in pain and function in 70-90% of patients.

With 25 IDD Therapy Disc Clinics in the UK, IDD is set to lift the spirits of many more back pain sufferers - just in time for Christmas!
www.iddtherapy.co.uk

After four years of back pain, gym instructor Petra is back at work thanks to IDD Therapy

With few meaningful alternatives to injections and surgery available for chronic back pain sufferers, the emergence of IDD Therapy as a credible non-invasive treatment option for patients holds great appeal.



Petra having IDD Therapy at Spinex Disc Clinic, London.

Petra Willemstijn, a gym instructor from London suffered for four years with two disc bulges:

"My condition was very debilitating. At its worst, I couldn't sit, stand or travel for more than an hour without aggravating my symptoms - despite taking strong painkillers.

I hardly slept - I was woken about eight times a night by the pain. Finally I had to give up my work as a gym instructor which was very hard for me as it was such a positive part of my life."

With only surgery left as a last resort, Petra researched IDD Therapy and decided to try it, with fantastic results:

"I'm back at work now with a renewed zest for life; it's wonderful to feel able to enjoy a full family life free of pain doing work that I love."

CYPRUS - Physio upgrades to IDD Therapy



Nicky Stavrou - first physio in Cyprus with IDD Therapy

When respected physiotherapist Nicky Stavrou first heard a surgeon talking about IDD Therapy, her ears pricked up.

An occasional user of mechanical traction to treat back pain, Nicky recognised that the ability to target and deliver treatment more precisely and comfortably - whilst combining decompression with spinal mobilisation - would give greater possibilities for her patients.

A few months later and this popular clinic is the first in Cyprus to offer IDD Therapy. A text message from Nicky: "Ecstatic is the word...results already!"



The outgoing traction table

Why NHS Pain Clinics should be providing IDD Therapy

According to the UK's NHS website there are around 300 Pain Clinics in the UK (www.nhs.uk)

A Pain Clinic is a specialist care provider for patients with long term pain which aims to "lessen the pain, improve independence and help people cope in general."

For any back pain sufferer with a chronic condition which does not require immediate surgery, most will have had some treatment such as manual therapy and visits to their GP for painkillers before being referred to a Pain Clinic.

Whilst physiotherapy (and osteopathy) is available to back pain sufferers through the NHS, the pain service is there for patients who have the sort of long-term pain which should be considered a 'pain-related disability'. As such, patients are treated primarily with painkilling drugs, injections, hypnotherapy and acupuncture. i.e. as the site states, the focus is to cope rather than to cure.

Back pain can be disabling, but when it comes to spinal disc problems and chronic pain, Pain Clinics treat some patients in this way because the non-invasive treatments currently available to the NHS are unable to bring about meaningful long term change.

Supported by evidence and the growing network of private clinics, many back and neck pain patients currently considered "disabled" could be given meaningful solutions with a programme of IDD Therapy treatment. This could either be under the direction of the Pain Clinic team, or as a specialist service within the physiotherapy department.

It will take time to effect change, but with IDD Therapy, much more can now be done to improve certain back pain conditions significantly, rather than just managing them.

Want to find your nearest clinic?



It's now easier than ever to find your nearest **IDD Therapy Disc Clinic** via our new website.

A "Clinic Finder" enables visitors to enter a postcode and bring up details of their nearest clinics, with direct links to the clinic website and phone number.

There are also video testimonials and articles to help people better understand the role of IDD Therapy treatment.

 www.iddtherapy.co.uk/clinic-finder



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Pain-suffering osteopath achieves clinical first!

When practitioners provide IDD Therapy, they usually like to try the treatment for themselves. This helps them to feel what the treatment is doing which in turn, enables them to communicate more effectively with their patients.

A recent addition to the IDD Therapy Disc Clinic network is Enfield Osteopathic Clinic in Middlesex. It is here that forward-thinking Clinical Director John Yeboah has done what we believe is a clinical first!



John Yeboah sets up IDD Therapy

With a bit of imagination, John has set himself up for IDD Therapy without the support of a colleague, and with clever use of a wireless mouse to control the computer he has been self-treating!



John having IDD Therapy ... on his own

John says: "Since treating myself, my spinal mobility has improved significantly and the slight leg pain I was suffering has gone completely."

Such imagination opens up possibilities for many practitioners, some of whom unfortunately and somewhat ironically often succumb to back pain themselves from years of treating patients hands-on.

www.enfieldosteoclinic.com

SURGEON CHAMPIONS IDD

"As a practising surgeon and keen golfer, I'm often standing in certain positions for long periods of time and as a consequence, I've suffered with episodes of severe back pain.

I became aware of IDD Therapy at Good Health Centre (Leeds) and wanting to avoid invasive procedures, I underwent a course of treatment. After each session I felt an improvement and I am happy to say that at the end of the programme, I had a dramatic, significant and sustained recovery." **Mr Joe McGoldrick, Cardiac Surgeon, Leeds**



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