

TWENTY ONE!

As we come into spring, IDD Therapy UK comes of age. There are now 21 IDD Therapy Disc Clinics and it is hugely satisfying to hear from clinics up and down the country reporting how they have been able to help so many back pain sufferers.

A recent survey of the UK IDD Therapy providers asked how many treatments they had carried out? The total was over 36,000 treatments!

Leading the way is The Buckingham Clinic in Glasgow who, with two Accu SPINA IDD Therapy machines, have been providing IDD Therapy the longest.



As James Sneddon, Clinic Director, says "We now see patients not just from Glasgow, but people from all over Scotland who come to us with a disc issue."

The clinic was founded in 1935 and in recent years has undergone significant improvements, reflecting the Buckingham Clinic's status as a leading non-invasive spinal care centre. www.buckinghamclinic.com

IDD Therapy was originally developed in the US in the late 1990s. With over 2,000 IDD Therapy clinics internationally and a growing presence in the UK, we look forward to seeing more clinics providing IDD Therapy over the coming year. www.iddtherapy.co.uk

Sheffield Physiotherapy's John Wood talks IDD Therapy at spring Spinal Symposium

At a conference in Basingstoke organised by leading spinal surgeon Andrew Quaille (left), experienced physiotherapist John Wood (right) was invited to talk about the place of IDD Therapy disc treatment in modern conservative spinal care - "*Dressed up traction or a new opportunity for back pain sufferers*".



John has been using IDD Therapy at his busy Sheffield Physiotherapy Clinic for several years. "*Traction as a modality for back pain treatment went out of vogue.*" he says. "*One of the main issues with traditional traction was the inability to treat isolated spinal segments.*"

IDD Therapy gives physios a tool which enables us to take pressure off targeted discs whilst helping to restore motion in the spine."



Other topics at the conference attended by 140 clinicians from across Hampshire included a review of Modic Antibiotic Spinal Therapy (MAST), the use of Platelet Rich Plasma in discs and a look at patient management strategies.

Great presentation John! www.sheffieldphysiotherapy.co.uk

IDD Therapy arrives in Belgium



An eventful IDD Therapy installation occurred in March when the first Accu SPINA machine landed, or rather 'took off!' in Belgium.

Having seen the outcomes in other countries, Rug Punt or BackPoint, which is a surgeon-led spine group, now offers comprehensive programmes for back pain sufferers ranging from surgery and injections to IDD Therapy for non-invasive disc treatment. Veel Geluk! www.rugpunt.be



The Tiger Roars Again Spinex Disc Clinic opens second location in the heart of rugby country

Retired businessman and Leicester Tigers Ex-President, Roy Jackson suffered with excruciating back pain for over 25 years but he's finally back to health thanks to a course of IDD Therapy at **The Ashleigh Clinic**, Leicester.



"You name it I had it: physiotherapy, osteopathy, chiropractic and acupuncture but nothing seemed to work. I still had to take painkillers almost every day."

Roy heard about IDD Therapy via former Leicester Tigers physio Craig Mortimer who is the clinical director of The Ashleigh Clinic. Craig prescribed a course of IDD Therapy and Roy hasn't looked back. Roy Says:

"My back has now improved my daily life to the extent that I'm enjoying gardening again - recently it took me the best part of seven hours to cut my large lawn (a quarter of an acre). Before IDD Therapy, I would have been in agony for the next two days but although I was tired, I had no pain whatsoever!"

Well done Craig and Vanessa. www.ashleighclinic.co.uk

Could you lift this for 25 minutes?!



It takes a 'distraction' or pulling force of half a patient's body weight (applied comfortably at measured angles) to open a lumbar spinal segment.

If someone weighs 10 stone, that equates to 63.6kgs. Divide that by two for half

body weight and you can see that you need a force of **over 30kgs** to open the joint!

The IDD Therapy 'Spina' machines give clinicians a tool which enables them to apply such forces safely and comfortably at precise angles for 25 minutes.

Spinex Disc Clinic opens second location in the heart of rugby country

The **Spinex Disc Clinic** was the first UK clinic to use the name "Disc" in its title, reflecting the clinic's mission to help people in serious pain caused by disc-related issues.

Having benefited from IDD Therapy treatment for her own disc problem, clinic director Sally Lansdale opened the first Spinex Disc Clinic in London's Edgware Road and within a year has opened a second clinic in Twickenham.



Sally Lansdale with IDD Therapy patient at Spinex Disc Clinic

"It is hugely exciting to see the outcomes we are able to achieve with IDD Therapy." says Sally. "Most of our patients have tried different manual therapy treatments but, like me, they need something more for their pain. We are delighted to be able to bring IDD Therapy to Twickenham."

"Whether we see any international rugby players remains to be seen but I am certain we could help some of them!"

www.spinexdiscclinic.com

Who provides IDD Therapy Disc Treatment?

There are many different types of treatment provider for back pain. However, as a universal treatment tool to decompress and mobilise the spine, IDD Therapy is not used by one body of clinicians exclusively.

Instead, IDD Therapy is provided across disciplines by osteopaths, physiotherapists and chiropractors as well as by some doctors who have a particular interest in working with chronic back pain and neck pain sufferers where there is a disc problem.