

Buxton Osteopathy joins the 100 Club

No wonder Phil Heler is smiling: his IDD Therapy Disc Clinic at Buxton Osteopathy carried out 118 IDD treatments in the month of September; only seven months after launching the specialist disc treatment programme.



Phil Heler with IDD Therapy UK's Stephen Small

Despite the clinic's rural spot (less humans, more sheep!) Phil has championed IDD Therapy tirelessly since March and is reaching out to chronic disc sufferers from far and wide.

With local awareness including press and radio features, Phil and his team have built a successful disc programme which is helping a growing number of patients every month.

Phil says: "IDD Therapy has transformed the way we treat long-term back pain and neck pain sufferers. Over the last seven months we've really seen the improvement it can make for patients who have previously been on the merry-go-round of GP visits, manual therapy and painkillers."

Having IDD Therapy has definitely raised our clinic profile: in what would usually be the quietest month of the year (August) we carried out over 100 IDD Therapy sessions in addition to our osteopathy treatments."

Congratulations Phil: that's how it's done!

www.buxtonosteopathy.co.uk

"After IDD Therapy I went on a 4 mile dog-walk with my grandchildren... afterwards the kids and the dog were pooped!"

After three years of debilitating back pain and sciatica, 64 year old Julie Phillips thought she might have to spend her retirement as a disabled person.

Julie says: "I've always been an active person; a keen horse-rider and I cycled across Kenya when my pain was just about manageable. Approaching retirement, the pain worsened despite very strong painkillers, physiotherapy and facet joint injections - which were temporary and incredibly painful."

Eventually her pain became so bad that she could only stand for a couple of minutes at a time. Julie decided to take matters into her own hands and found IDD Therapy at Wealden Osteopaths & Spine Centre in Goudhurst, Kent.

Clinic Director James Pickering says: "Julie's condition was complex; however she made a swift recovery with IDD Therapy and got her life back to normal."



Julie is back walking her dogs after IDD Therapy

Julie feels that she now has a new lease of life: "After my treatment programme I feel like a new person; I've no pain whatsoever and I'm completely active again."

www.wealdenosteopaths.co.uk

IDD Therapy: breaking the back pain barrier in Israel



Simeon with physiotherapist Eli Levy-Golan

Internationally renowned osteopath, Simeon Niel-Asher is no stranger to IDD Therapy success: he was one of the treatment's early adopters, heading up an IDD programme at Back Into Shape, London before emigrating to Israel and establishing IDD Therapy at his multi-disciplinary clinic in Raanana.

Simeon is revered for his innovative method to treat complex shoulder conditions: the Niel-Asher Technique (NAT). With an equal devotion to non-invasive spinecare, Simeon has two IDD machines in Raanana and was featured treating a top surgeon with IDD Therapy on a national news channel.

After using the treatment for six years, he continues to be impressed by IDD Therapy: "It is good to be able to offer patients a genuine alternative and the treatment fits nicely into an osteopathic model. I am still very impressed and excited by the technology."

www.backintoshape.co.il

IDD Ends Rachael's Neck Pain Agony

Rachael James was forced to give up her career as a camera operator when she was struck with excruciating pain and paralysis in her shoulders, arms and hands.

"As a young person I felt invincible; I used to dance energetically each week. My job as a cinematographer meant that I was always carrying heavy camera equipment - the combination of the two may have set off what first appeared like whiplash injury problems."

Rachael's symptoms advanced suddenly and worsened in a matter of weeks.



Rachael feels happy after IDD Therapy

"It started with tingling in my fingers and arms then a constant pain in my shoulder blades and arm. Eventually, I had two permanently numb fingers on my left hand. I had problems doing normal daily activities: dressing, typing and writing - even opening a bottle of juice.

Later I got symptoms in my legs; pins and needles and pain when walking. The pain kept me awake at night and the combination of symptoms was frightening as I had no idea what the cause was."

Rachael was seen by several GPs, neurologists and neurosurgeons. She was tested for Multiple Sclerosis and other neurological conditions. She was prescribed strong painkillers and advised to consider cortisone injections before looking to surgery as a likely option.

"I was devastated to hear that I might need surgery and I was desperate to find a non-invasive alternative. I didn't want to just throw drugs or surgery at the problem; I wanted to help my body heal itself naturally."

Find Your Nearest IDD Therapy Disc Clinic

www.iddtherapy.co.uk/clinic-finder

Rachael discovered IDD Therapy and underwent treatment with Sally Lansdale, Clinic Director of Spinex Disc Clinic.

Around 20% of Sally's IDD Therapy patients are for neck pain and nerve pain (neuropathy). The principles of the treatment are the same as for low back pain, namely to gently distract and mobilise targeted segments of the cervical spine, most commonly at levels C5/C6, C6/C7.

"The improvement I've made with IDD Therapy is incredible. I have a full range of movement in my neck, my shoulders are almost back to normal and I very rarely get dead arms at night now. I've regained the full function of my fingers and arms and rarely have pins and needles.

I only take mild painkillers rarely now and I feel so much happier. I'm so relieved I found IDD Therapy and didn't opt for spinal surgery."

www.spinexdiscclinic.com

HFS Clinics Aldgate Expands the London Disc Clinic Network



Clinic Director Nick Critchley welcomes his new AccuSPINA

London physiotherapy group, HFS is one of the newest recruits to the IDD Therapy Disc Clinic network. With three London locations and a branch in Hampshire, HFS have recently brought IDD Therapy to their City branch in Aldgate. Clinic Director Nick Critchley is impressed with the treatment's capabilities:

"Unfortunately, most patients with chronic spinal pain and radicular symptoms (sciatica) have already had failed complementary therapies or medical interventions.

As part of an overall treatment programme, IDD Therapy is a credible alternative to traditional manual therapy for those whose pain does not allow them to move normally and is a barrier to exercise.

For many patients, IDD Therapy provides a reduced-pain or pain-free window enabling them to engage in the active, exercise-based treatment approaches that we know work in the long-term."



IDD Therapy training at HFS Clinics

HFS Clinics are actively fostering links with orthopaedic consultants, pain consultants and clinicians in their area so that IDD Therapy can be offered to patients who are struggling to improve with 'usual' manual treatments and/or invasive procedures such as injections.

www.hfs-clinics.co.uk



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