

### Back In Shape Croydon enjoying success with IDD Therapy after only a few months

Croydon-based physiotherapists, Back in Shape are one of the latest clinics to join the Disc Clinic network.



The Back In Shape team are delighted to introduce IDD Therapy

Clinical Director, Anthony Padgett says: *"The biggest frustration in my job is knowing that there are people living in pain who we could help.*

*By including the IDD Therapy Disc Programme as part of our services, we are able to offer patients with chronic spine issues such as herniated discs and sciatica greater non-invasive options to get them out of pain and back to their best."*



Physiotherapists Anthony Padgett and William Herbert

Back in Shape has a fully equipped Pilates studio led by Karen Padgett which fits within the overall IDD Therapy programme to help patients achieve improvements for the long term. [backinshape.co.uk](http://backinshape.co.uk)



### "At 25 my life was devastated by back pain before IDD Therapy came to my rescue."

Maria Paszkowska thought her days as a chef were numbered after suffering for a year and a half with chronic back pain and sciatica.

Maria explains: "At work I'm constantly bent over my workbench whilst making breads and preparing dishes. When my pain was at its worst, I couldn't stand for long and took frequent breaks to lay down on a hard surface."

Maria's GP prescribed painkillers but she was left to find manual therapy herself: "I had physiotherapy for four months but it only helped a little; my back pain, sciatica and pins and needles were still there."

Finally, a colleague suggested she see James Sneddon at The Buckingham Clinic in Glasgow. He arranged an MRI scan which showed three prolapsed discs – all contributing to her sciatic pain. James recommended she have a programme of IDD Therapy. Maria did extremely well with the treatment:



Maria preparing for IDD Therapy on one of the Accu SPINAs

"The improvement I've made is incredible; I'm back to my cycling, swimming, yoga and daily chores.

I'm much happier now and socialising with my friends again. I'm off painkillers and back at work."

James Sneddon is delighted with Maria's progress: "Maria's condition was particularly debilitating for a young person and it's wonderful to see her improvement. IDD Therapy continues to be our first choice for disc problems."

[buckinghamclinic.com](http://buckinghamclinic.com)

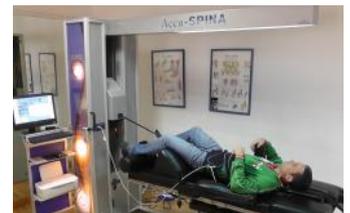
## Spanish physio brings IDD Therapy to the Canary Islands



Jorgé Alvarez with Stephen Small

Jorgé Alvarez, a leading physiotherapist on the Canary Island of Fuerteventura, took the decision to expand his clinic with the IDD Therapy Disc Programme after hearing of some great patient outcomes. Jorgé says:

*"It was an important decision for me to invest in my Accu SPINA because I hadn't tried the treatment for myself. But, with the knowledge of outcomes in other physiotherapy practices and seeing that IDD Therapy was doing so well for patients in clinics around the world, I followed my instincts and went for it!"*



Jorgé enjoying IDD Therapy

Jorgé speaks Spanish, English and Italian and treats local people as well as ex-pats. As you can see from the picture, he's excited about this new addition to his back pain services and within a few short months is already helping patients from across the island. Bravo Jorgé!

[spinafuerteventura.com](http://spinafuerteventura.com)

## Research confirms steroid injections are not a long-term back pain solution

A recent study published in the Annals of Internal Medicine\* confirms that steroid injections can only give temporary relief to sufferers of low back pain and sciatica.



Research at University Hospitals Paris showed that a single glucocorticoid injection given to patients with active lumbar discopathy reduced their lower back pain within a month.

However the randomised controlled trial showed that the effect of the injection decreased over time and at twelve months, the injection group and control group did not differ in lower back pain intensity.

This study would concur with recent Nice guidelines in which they recommend that practitioners do not offer spinal injections for lower back pain. However Nice does

**Find Your Nearest IDD Therapy Disc Clinic**  
[www.iddtherapy.co.uk/clinic-finder](http://www.iddtherapy.co.uk/clinic-finder)



offer practitioners epidural injections of local anaesthetic and steroid as an option for sufferers of acute and severe sciatica.

Although injections are not intended as a solution for back pain and sciatica sufferers, their use can provide a window of pain relief for the patient to begin a programme of non-invasive rehabilitation.

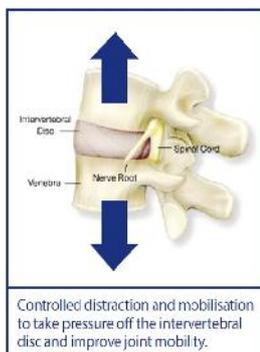
Unfortunately, existing manual therapies have proved insufficient for this category of patient and often, the next stage available to them is to consider surgery.

The IDD Therapy Disc Programme can circumvent the surgical route in many instances. Targeted segmental decompression and mobilisation helps to restore more normal mechanical functional in spinal segments.

As part of an overall treatment plan encompassing exercise and manual therapy, The IDD Therapy Disc Programme provides a cost-effective long term solution for many patients.

It unburdens primary care providers and frees patients from pain and the cyclic frustrations of going into and out of pain management programmes.

\*Nguyen C, Boutron I, Baron G, Sanchez K, Palazzo C, Benchimol R, et al. Intradiscal Glucocorticoid Injection for Patients With Chronic Low Back Pain Associated With Active Discopathy: A Randomized Trial. Ann Intern Med. [Epub ahead of print 21 March 2017] doi: 10.7326/M16-1700



## IDD Therapy Disc Clinics include ViMove to enhance their spinal disc programmes

Spinex Disc Clinic was the first, but now five of the IDD Therapy providers have incorporated ViMove movement sensors to expand their disc programmes.

ViMove uses gyrosopic sensors to measure movement with a degree of accuracy which no other modality comes close to achieving. It enables practitioners to measure flexion, extension and more, as well as recording imbalances during functional movement.

At a recent ViMove training day at Spinex Disc Clinic, Stephen Small acted as a guinea pig to use ViMove sensors DURING an IDD Therapy treatment for the first time ever.

Andy Curtis of ViMove says: "This impromptu experiment was interesting because it showed that during treatment, the longitudinal oscillation component of IDD Therapy creates changes in flexion and extension when the joint is distracted."



Sally Lansdale applies ViMove

More details can be found on the IDD Therapy blog at: [www.iddtherapy.co.uk/vimove-experiment](http://www.iddtherapy.co.uk/vimove-experiment)

## IDD Therapy helps osteopath Tim avoid surgery so he welcomes an Accu SPINA to his clinic!

In 2014 Tim Hanwell, Clinic Director at Berkhamsted Osteopaths thought he might have to give up work as an osteopath. Suffering a herniated disc and constant sciatica, Tim asked the advice of his local spinal surgeon.

When a spinal injection didn't touch his pain, Tim's surgeon told him to pursue more non-invasive options before considering surgery. Having seen his colleagues treating 'difficult' disc patients with IDD Therapy, Tim decided to embark on the treatment programme.

*"Having had various treatments, I knew that IDD Therapy was different. I'd been struggling for a long time but the disc programme resolved my pain completely and I've even been skiing since!"*

In Jan 2016 Tim introduced IDD Therapy at his clinic in Hertfordshire and has been helping patients ever since.

[berkhamstedosteopaths.co.uk](http://berkhamstedosteopaths.co.uk)



Tim Hanwell enjoys IDD Therapy on his own Accu SPINA machine

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