

IDD Therapy News

Winter 2016/2017 ... Put Back Pain Behind You



Response Physiotherapy puts Nottingham firmly on the IDD Therapy Disc Clinic Map

Nottingham-based spinal experts, Response Physiotherapy are one of the latest IDD Therapy Disc Clinic recruits to launch the specialist disc treatment programme.



Response Physio team members with trainer Sally Lansdale & Stephen Small

With over 20 clinics nationwide, the Response group is one of the largest physical therapy providers in the UK. Recently introducing the IDD Therapy disc programme at its flagship premises in West Bridgford, the team is reaching out to chronic sufferers across the county.

With a local awareness campaign underway, Response has already helped a number of patients with the treatment programme after just a few weeks.

Physiotherapy Manager Matt Taylor is delighted with the addition to his back pain services: "IDD Therapy helps patients who need something more than hands on treatment alone.

When I tried the treatment myself, I could immediately feel that here was something different..and that was very exciting! IDD Therapy is a precise treatment tool which gives patients not just a vague hope of success, but a realistic opportunity to dramatically improve the quality of their life."

www.responsephysio.com

My life was devastated by back pain but now I'm playing football with my kids again

39 year old Scott Bryan thought his days as a scaffolder were over when his back pain finally took its toll.

"The episodes of back pain and grinding sciatica became more frequent and severe; sometimes my leg would actually go numb when I stood for too long."

Soon the pain was constant; Scott couldn't sleep and his job became impossible, forcing him to take time off.

"Even with regular medication, the pain was too much. Most heartbreaking of all was not playing football with my sons. My family tried to stay positive but I knew they were worried about me."

Scott's GP suggested various manual therapies first and then referred him to a spine consultant who advised that surgery was the next step. "An operation was the last thing I needed - I couldn't afford the time off work for a start!"

Scott asked his old school friend and physiotherapist, Dan Smith for some advice - he didn't realise that Dan was offering IDD Therapy for disc problems and sciatica.

"I was so relieved when Dan said he could help me with IDD Therapy. With every session the pain eased and I became more mobile; by the 15th I was able to go back to work.



Without IDD Therapy Scott would have been on a waiting list for surgery

I'm feeling fantastic now; my pain has drastically reduced and I can walk, drive and sleep properly. I have to take care of my back and avoid heavy lifting but this is nothing compared to the debilitation I suffered before my treatment."

Dan Smith says: "It's wonderful to see patients like Scott making excellent improvement with IDD Therapy and getting their lives back on track without invasive procedures."

www.sportsandspinalphysio.co.uk

IDD Therapy: Making Waves Across the Atlantic



SpineCenterAtlanta's Tim and Jody

'Spine Center Atlanta' is one of the most comprehensive back and neck pain treatment centres in the state of Georgia. Founded by Senior Orthopaedic Spine Surgeon, James L Chappuis over 25 years ago, the clinic caters for every spine condition - with advanced non-invasive options to the latest surgical techniques.

For chronic back pain sufferers Spine Center Atlanta provides IDD Therapy. Tim Marlow, Director of Rehabilitation Services says: "IDD Therapy is particularly successful for patients with issues such as disc herniations. It is reassuring for patients to know that we have the full range of physical therapy options and that we only proceed to invasive procedures when it is absolutely necessary."

www.spinecenteratlanta.com

A Quiet Crisis In Pain Management?

The British public is a fairly stoic bunch on the whole. When it comes to chronic back pain, while there are still paths to be directed along, pain sufferers will go from one appointment to another without too much fuss. But can more be done for back pain patients in limbo?

Any professional discussion about back pain invariably begins with the churning out of familiar back pain facts. Delve a little deeper and very different stats come to light showing that current services are not meeting the needs of patients.



One third of back pain patients presenting to a GP come with a recurring problem suffered in the previous year. A further third of back pain patients will be coming with a persistent disabling problem.

These figures illustrate the extent to which back pain consumes the NHS. But what happens to patients next?

After seeing their GP, chronic back pain patients can be referred to a pain clinic. But according to a patient survey by the National Pain Audit 2013, over 50% of respondents report little or no help from current NHS pain services. The National Pain Audit 2010-2012 records that "It appears that pain clinics are being commissioned (or are providing) care almost exclusively for people with back pain."

Combining the two commentaries, we might reasonably infer that 50% of back pain patients referred to an NHS Pain Clinic feel that current pain services provide little or no benefit.

 **Find Your Nearest IDD Therapy Disc Clinic**
www.iddtherapy.co.uk/clinic-finder

Pain clinics provide a range of services including manual therapy (physiotherapy), counselling services, pain management (medication) and spinal injections. From there the next step would be surgery for certain patients.

There is no single cure for back pain and there are many different back pain conditions. But common to many sufferers is a lack of mobility and spinal compression: sometimes in association with a disc-related problem.

The **IDD Therapy Disc Programme** takes a structured conservative approach. Rather than manage pain with medication or provide a short term pain relief window with injections, the IDD Therapy programme decompresses targeted spinal segments, restores mobility and helps patients to rehabilitate where current methods fall short.



10 Bridge Physio Clinic, Chester

It takes time to bring about change but The IDD Therapy Disc Clinic Network is demonstrating a shift in conservative care and there is growing interest in certain influential corridors about the potential for IDD Therapy within the national Pain Clinic infrastructure. Watch this space.

The Buckingham Clinic: A Spinal Disc Programme to Shout About

James Sneddon has created a blueprint for the perfect multi-disciplinary clinic. Having practised as an osteopath for more than 40 years, his academic knowledge and clinical experience is considerable - but rather than easing up and coasting into early retirement, James remains a forward-thinking clinician and innovator. His team's tailored, holistic approach works well for patients and his curiosity for cutting edge treatment methods and new technology have elevated the clinic to a new level.

He explains: "We've always stayed true to the traditional elements of osteopathy and physiotherapy but I think our success has been characterised by our readiness to move forward and engage in pioneering treatment methods."



Two AccuSPINAs side by side at The Buckingham Clinic

The clinic's jewel is its advanced spinal disc programme which has been transforming the lives of chronic back and neck pain sufferers in Scotland for the past eight years.

James first became aware of IDD Therapy in 2008; he was impressed after experiencing the treatment for himself: "Although the elements of traction were there, I knew that the decompression and mobilisation was much more sophisticated. I could feel the targeted segmental pull; the slow and consistent stretch: I certainly couldn't achieve that with my hands - or with a traditional traction unit."

James was convinced that IDD Therapy was the way forward for his 'difficult' disc patients. "I had no doubt that this treatment was going to improve the outcomes of my prolapsed disc and sciatica patients."

Six months later, James bought a second Accu SPINA to meet patient needs at the clinic.

"Between the two machines, we treat up to twenty IDD patients a day now. Outcomes are consistently good and patients really like it; they feel relaxed throughout and have great confidence in the treatment and the team."

www.buckinghamclinic.com

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