

Third IDD Therapy Provider Conference Showcases Clinical Excellence & Team Spirit

May 2017 saw the hosting of the third IDD Therapy provider conference in London. This event provides a welcome opportunity for the IDD Therapy practitioners to share experiences and learnings in order to get the most from the IDD Therapy Disc Programme.



Physiotherapist James Adamson of Core Physiatry Warwick presents a patient case study for group discussion.

This year's conference heard animated discussions on treating complex disc conditions, the success of cervical spine (neck) treatment and a look at outcomes with a variety of conditions ranging from spinal stenosis to spinal cysts.



Expert panel discussion with clinical Q&A plus a demo of advanced movement assessment with ViMove sensors

Thanks go to all those who presented on the day and to every participant for their invaluable contributions to make the event such a success.

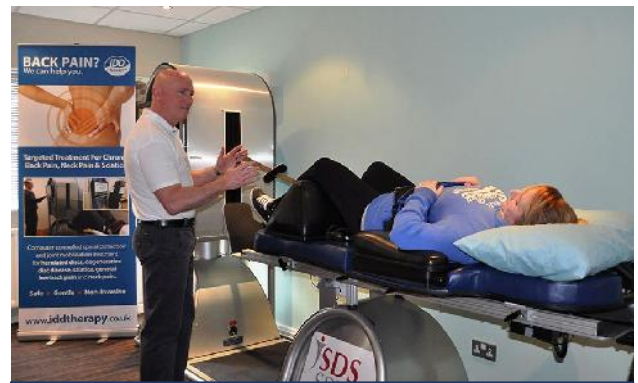
iddtherapy.co.uk

Cancelled spine surgery gives Lucy a window for IDD Therapy and freedom from back pain.

After suffering for 20 years with severe back pain, Lucy Drew from Nottingham unfortunately faced the prospect of spinal surgery.

Lucy had been having regular manual treatments but it wasn't managing her pain; she was eventually referred to a spinal consultant. After an MRI scan, he suggested an operation on the bulging disc in her lumbar spine.

"When the surgeon said he wanted to operate, I was devastated; I really didn't want to have surgery at my age but it seemed like the only option at that time. I felt very despondent; I was at the lowest point in my life."



Physiotherapist Craig Mortimer providing IDD Therapy

On the day of the surgery, Lucy's operation was cancelled by the hospital. Having heard of IDD Therapy, she went to see Craig Mortimer at The Ashleigh Clinic in Leicester. After a spinal assessment, Craig recommended IDD Therapy and she started the programme that same day.

A post IDD Therapy treatment MRI scan showed that Lucy's disc bulge had disappeared. She now lives a happy and pain-free life: "IDD Therapy literally saved me."

Craig Mortimer says: "Lucy's story is wonderful but she's not alone; many lumbar-surgery candidates have been helped back to health with IDD Therapy. The treatment has changed the way physiotherapists can treat disc conditions non-invasively."

ashleighclinic.co.uk

Middle Eastern Clinic Raising The Standard Of Non-Surgical Spine Care



The American Spine Centre, Dubai

IDD Therapy is established in many countries around the world. The United Arab Emirates is well known for its excellence in healthcare and a leading example of this is the multi-disciplinary American Spine Center (ASC) in Dubai. The ASC is also in the USA.

Founded by respected neurologist Dr Hisham Hakim over 20 years ago, the centre has been at the forefront of non-surgical spine care. Dr Hakim says: "Since our inception in 1991 we have treated more than 50,000 patients in the USA and GCC Region with outcomes superseding surgical results." As part of a full range of spine services, the team has championed IDD Therapy for ten years and employs multiple SPINA units.

americanspinecenter.ae

Sometimes Spinal Surgery Is A Must

This MRI scan was shared recently within the IDD Therapy provider group. A patient came to one of the IDD Disc Clinics who referred them for an MRI scan.



Clinicians working with IDD Therapy are passionate about non-invasive spine care. However, when the scan came back, given the size of the disc herniation and symptoms, the patient was immediately sent to hospital to see a consultant.

The patient was operated on as quickly as the timetable allowed and the patient is doing well post surgery.

Find Your Nearest IDD Therapy Disc Clinic



www.iddtherapy.co.uk/clinic-finder

No treatment works for everyone, no one has a magic bullet and whilst some clinicians are vehemently anti-surgery, surgery is a fundamental component of the back pain treatment spectrum.

What type of patients are suitable for the IDD Therapy Disc Programme?

The majority of patients who undergo a programme of IDD Therapy have struggled with a back or neck issue for at least three months, typically more than six months and many have suffered pain and dysfunction for a year or more.

IDD Therapy is best known as a treatment for disc-related conditions, such as a “slipped”, bulging or herniated disc with or without nerve pain (e.g sciatica). But it can also be used with conditions such as “facet syndrome” as well as those where there are degenerative changes.

Clinicians typically provide IDD Therapy or refer patients to an IDD Therapy provider when one or more forms of manual therapy and exercise have failed to achieve meaningful change.



Some patients have had or are considering spinal injections to get some temporary pain relief. Such patients are often referred to IDD Therapy for a programme aimed at addressing the causes of pain. The same applies to certain potential surgery candidates where an operation is not deemed urgent. For clinician referrals go to iddtherapy.co.uk/referral

GW Osteopathy Guilford Welcomes IDD Therapy: An Install of Biblical Proportions

The team at IDD Therapy have managed some tricky installations in their time... but hoisting an Accu SPINA up the outside of a building and in through a (high) first floor window is a first!!



Stephen Small with the aptly named “Lift Genie”. There was one wish on the day; “please let it go in without falling!”

GW Osteopathy founded by Gemma Ware and based in Guildford is the proud new owner of an Accu SPINA and is based at the Dapdune House GP surgery.



Gemma Ware with her Accu SPINA after completing training

Gemma says: “I saw the impressive outcomes at other UK Disc Clinics and knew that expanding my treatment offering would enable me help more patients. IDD Therapy is a huge step forward in the way we can treat difficult disc patients who need more than be achieved with hands-on treatments.” gwosteopathy.co.uk



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