

“Will IDD Therapy disc treatment work for me?” Neck surgery cancelled, great news for BUPA!

The number one question patients want to know with any treatment is, ‘will it work for me?’. It is no different for patients attending an IDD Therapy Disc Clinic.

Every person with back pain has a unique set of circumstances; from how long they have had pain, to what caused their pain to how lifestyle factors are affecting their condition over time.



Three IDD Therapy machines at West Texas Back Clinic

IDD Therapy offers an excellent opportunity for patients to resolve their pain and dysfunction. However, we need to be under no illusion that no single treatment programme can ever resolve all back problems. That is the same for IDD Therapy.

When clinics around the world talk in terms of 75%+ success rates for IDD Therapy, it is impressive when we consider that patients have usually failed to respond to other treatments. This is why insurance companies like Aviva cover IDD Therapy.

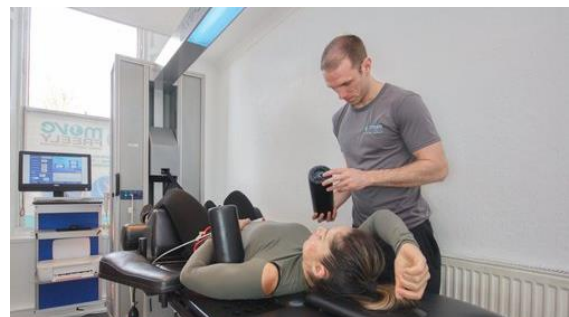
However, for some people IDD Therapy will not give a desired level of change. Patients should discuss their condition with their supervising practitioner and be mindful that the closer they stick to the treatment plan and guidance they receive, the better their prospects for success. iddtherapy.co.uk

In early 2018 Gail from Edinburgh was told that she needed surgery for two bulging discs in her neck. A payroll officer, Gail suffered pins and needles and numbness in her arms, making her work life unbearable.

Over a period of two years, Gail had physio, acupuncture and sports massage. “The pain I had been suffering was taking over my life. I wanted to fix it.” says Gail.

When her neurosurgeon recommended surgery, Gail was reluctant, despite the fact that her insurance company BUPA were prepared to pay for the operation.

Average neck surgery prices are over £10,000, require a recovery period and carry risks. Gail says, “I remember thinking this is crazy, there has to be something else”.



IDD Therapy at Move Freely Sports and Spine

Gail began researching her options and heard about the IDD Therapy programme at Move Freely Sports and Spine.

“As soon as I started the first session, I knew it was exactly what I needed. Three months after finishing the treatment, I felt I was back to normal and have not had a reason to go back to the clinic.” says Gail.

Daniel Cassells of Move Freely in Edinburgh says “We use IDD Therapy with physio, sports therapy and exercise rehab, it was fantastic to see Gail make such progress.”

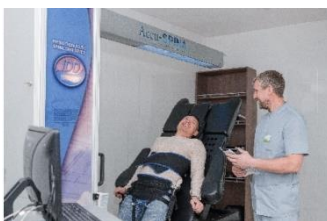
Good news for Gail and not a bad saving for BUPA too!

movefreelysportstherapy.co.uk



Scan to hear Gail tell her story

RUSSIA - Лечение болей в спине в России



IDD Therapy now in Russia!

Congratulations to the team at the Medical Multipurpose Rehabilitation Center in Izhevsk, Udmurt Republic in the Russian Federation. Located 1,200km east of Moscow, the specialist rehabilitation hospital known as “April” Rehabilitation Centre has 39 in-patient beds. April is the first hospital in Russia to have IDD Therapy following regulatory approval for the Accu SPINA decompression device. Поздравляю!



aprelizh.ru

Chronic back pain sufferers don't want to hear that "most back pain is resolved within six weeks".

It is true that most back pain resolves itself naturally or with a short course of manual therapy and corrective exercises.

Unfortunately, this offers little consolation to the thousands of people whose daily lives are blighted by unresolved back pain, neck pain and sciatica.



We often hear about the Pareto 80/20 rule, where roughly 80% of an outcome is driven by just 20% of the inputs. In back pain, around 80% of the costs (and misery) of back pain are driven by 20% of cases which persist beyond six weeks and three months.

Manual therapy from a variety of providers and exercise are well established means of helping patients get rid of pain and restoring function. Yet for some patients, it clearly isn't enough.

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

Clinics providing IDD Therapy are able to help a proportion of the 20% whose chronic pain isn't resolved and who need more than manual-only therapy. It offers a tailored programme of care to take pressure off targeted discs in a way traditional traction never could and gently restores spinal mobility to aid healing. Before patients consider seeing a consultant, IDD Therapy is on hand to offer broader treatment options.

Daily Mail

Sussex Back Pain Clinic featured strongly in the Daily Mail. After suffering first back pain then sciatica for a year due to a bulging disc, journalist and mother-of-three, **Catherine Downey** went for IDD Therapy at the highly-regarded clinic in Hove, run by Osteopath Steve Morris.

Catherine reports: "I would rather give birth three times in a row than have a fraction of the agony I experienced with sciatica. Eight weeks after I began (IDD) treatment, the sciatic pain has gone and I'm walking upright without crutches". Great news indeed for and from Catherine!



Driven by the successful non-invasive outcomes and growing number of providers, IDD Therapy is featuring more widely in the press and media. To read the article google "Daily Mail IDD Therapy" or scan the qr code to read on the Daily Mail website.

* Clinician Referral Form: iddtherapy.co.uk/referral *

LONDON SPINE CLINIC™

Established in 1997 and the first private specialist spinal unit in the UK, the London Spine Clinic in Harley Street is a leader in helping patients with a full spectrum of back issues.

With a philosophy based on providing conservative treatments wherever possible, London Spine Clinic added IDD Therapy treatment to their service offering in 2018.



Scan to hear Nigel describe how IDD Therapy helped him



Nigel Gildersleve, IDD Therapy at London Spine Clinic

Osteopath Nigel Gildersleve says: "IDD Therapy moves us an important step forward in the levels of care we can provide. As well as excellent opportunities for successful outcomes, patients now have complete reassurance that we only ever operate when all other conservative options have been exhausted." londonspineclinic.com

First Disc Clinic in GP Surgery

Woodlands Physiotherapy Services in Bedworth near Nuneaton is the first clinic to provide IDD Therapy from within a GP surgery.

Back pain is the biggest musculoskeletal problem seen by GPs and according to NICE (National Institute for Clinical Excellence) costs the NHS more than £1,000 million every year.



Fotios Stathopoulos and Azita Hadinia Woodlands Physio

Based at the Woodlands GP Surgery, Woodlands Physio provide specialist back pain services in the local community.

Stephen Small of IDD Therapy says "Back pain is a huge issue for patients and the NHS. As a non-invasive treatment, IDD Therapy offers broader opportunities for patient to avoid pain management and surgery and is highly cost-effective." Well done to all the new clinics and welcome to the IDD family!

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