

Expanding spine care, one step & one clinic at a time!

When it comes to changing spine care, we usually think of rigorous academic endeavour, which is how IDD Therapy came into being back in the late 1990s in the USA.



Two decades on and over 1,000 IDD clinics later, what observers don't see is the blood, sweat and occasional tears which go into bringing the transformation of spine care to a reality.

From trips to airports collecting IDD Therapy machines, to lifting equipment up flights of stairs, the IDD team is doing its part to help clinics do more for their patients.



The mission is now to bring IDD Therapy to greater prominence in medicine, with the emphasis placed firmly on non-invasive treatment. [#changingspinecare](#)

IDD Therapy Dominating The Press



IDD Therapy is increasingly taking centre stage in back pain articles offline and online. Top Santé, Simply You, The People's Friend and more. Unresolved back pain is a huge challenge but IDD Therapy is leading the fight!

Tennis coach gets her life back thanks to IDD Therapy

Monica Becerra, a professional tennis coach from Hertfordshire UK had experienced injuries in her playing time.



Monica with Gillian

But shortly after representing the GB over 50s team at the World Championships in 2016, she started getting shooting pain in her legs.

"Lying on the kitchen floor I groaned in agony. My leg was hurting so badly I felt like I'd been shot."

Monica tried manual therapy and traditional traction to try to get relief. After a couple of years struggling, friend, GB Masters tennis player and Osteopath Gillian Brown of Harpenden Sports + Spinal recommended she try IDD Therapy.

Gillian had introduced an Accu SPINA at her clinic to provide IDD Therapy. Having seen it help others, Gillian was confident that IDD Therapy would be able to help Monica.



Monica enjoying IDD

"I felt a difference almost immediately" says Monica. "After each IDD treatment I felt better and better. I started playing tennis again and was soon able to compete at a high level!"

Great to hear such success and well done to all the Harpenden team! harpendensportsnspinal.co.uk



Muscat team with their Accu SPINA

IDD Therapy at Muscat Osteopathy in Oman

January 2020 saw the opening of Muscat Osteopathy & Wellness Centre in Oman. Clinical Director Scott Johnston (pictured right) has moved from his native Stranraer in Scotland to lead the team and co-owns the clinic.

Scott says *"I knew all about IDD Therapy because I had seen how it had helped friends and patients I referred for treatment in Scotland. In opening the new clinic in Muscat, we wanted to have IDD Therapy to be able to help those patients we know need more than just manual therapy and exercise"*.

The clinic offers physiotherapy and osteopathy, electrotherapy and IDD Therapy. We wish the team every success! muscatosteopathy.com

Small beginnings to the largest spinal decompression network in the world, that's IDD Therapy!

IDD Therapy was born in the USA in the late 1990s. It was developed by a team of neurosurgeons, engineers and rehabilitation specialists to address the failings of traditional traction and the natural limitations of what can be achieved for back and neck pain with manual therapy and exercise.



Gallatin Chiropractic Clinic Tennessee has three IDD Therapy devices

From humble beginnings there are now well over 1,000 clinics globally using IDD Therapy. The key development which has attracted clinicians to IDD Therapy from all professions is the ability to safely decompress and mobilise targeted spinal segments.

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



Using measured angles and advanced computer technology to control forces, IDD Therapy is able to treat specific spinal segments whilst improving overall spinal function.

Combined with manual therapy and exercise, IDD Therapy programmes are leading the way in helping clinicians do more for unresolved back pain, neck pain and sciatica, especially for disc-related pathologies.



Many clinics have multiple Accu SPINA machines to provide IDD Therapy spinal decompression.



Enfield Osteopathic Clinic

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

Now in Lancashire!

The team at Bury Chiropractic are all smiles in 2019. Some clever re-arranging of storage and a spot of building work has allowed Clinic Directors Alicia Leontieff and Wendy Davis to free space in order to offer IDD Therapy programmes to their patients.

We're delighted to welcome the Bury team to the IDD network and it's good news for back pain sufferers with this first IDD Therapy provider in Lancashire ☺ burychiro.co.uk



Bury Chiropractic team complete their IDD training.

Expansion in the Capital!

When the opportunity came to move to a bigger space in their building in central London, The Mayfair Clinic owners Michael Fatica and Lara Haxa didn't hesitate. It meant they could bring in an Accu SPINA and provide IDD Therapy in a dedicated treatment room.



Michael Fatica, Joe Crawford and Lara Haxa

It's fantastic to have another leading clinic delivering IDD Therapy and The Mayfair Clinic joins a growing network of London providers. Expect to see more clinics providing IDD Therapy programmes in 2020. 🙌🙌🙌 themayfairclinic.com



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