

# YEARS OF

# PAIN

## I suffered from terrible back pain for over 30 years...

Chantal Cooke, 53, West Wales

**R**eaching down to pick something up off the ground, I felt my back give way. 'Not again,' I winced, lowering myself onto the floor. I was in agony and if past experience had taught me anything, there was little I could do about it.

Having suffered with back problems for years, I was used to this happening.

The last 30 years of my life had been plagued with the problem and I'd tried all sorts to finally be free of my pain.

Acupuncture, physio, massage therapy – you name it, I'd tried it.

And while they all helped slightly, I never got to the root cause of my pain.

Nor did it stop my back from completely giving way on me.

At 19, I was at the gym with a friend, stretching after a workout, when my back first went out.

'Can you push my back down?' I asked.

But as she did, I heard something in my back pop.

I was immediately in pain but being so young, I didn't think much of it.

And after resting it for a few weeks, I felt like I was back to normal.

Only, as the

years went on, a similar thing kept on happening to me.

Time and time again, I'd find myself doubled over in pain with my back giving way.

Never knowing when it was going to happen was incredibly frustrating and the pain was almost constant.

Back and forth to the osteopath and doctors, I was constantly searching for answers to my problem, and after 30 years of dealing with it, I'd resigned myself to always living with my pain.

But with my back getting worse, I knew I couldn't go on.

In 2018, I'd finally lived out my dream and bought a little small holding in West Wales.

It was idyllic, but with pigs and horses to look after, I needed to be fighting fit.

Have you heard of this? a friend messaged me, sending me a link to an article. It was a

treatment called IDD therapy – it used computer-controlled pulling forces delivered by a specialised machine, to gently draw apart targeted segments of the spine in order to take pressure off specific discs and nerves in your back.

It was for people with unresolved back pain, and it struck a chord.

By now, I was at my wits end and ready to give anything a go.

So, in 2020, I signed up for my first session.

After a scan and initial assessment with osteopath Tyler Hands, I was finally able to understand why my back had plagued me for so long.

'I think it's down to that first injury at the gym,' Tyler explained to me.

And while I'd left it too long for my injury to go away entirely, there were certainly things that they could do to help.

Laying down on the specialist machine, I was gently pulled back and forth – I

was only on there for 10 minutes, but as soon as I got off, I felt so much lighter.

'I can't believe it,' I beamed.

Somehow, just 10 minutes on the machine had improved my pain, and everything felt like it had fallen into place.

Having tried lots of different treatments before, I still wasn't convinced this would work long-term.

But session after session, I felt my pain slowly improve.

Given stretches to do at home in between sessions, I worked hard at keeping up my progress.

And as the months went on, I was thrilled that my back was feeling stronger than ever.

Now, over a year since I've started the treatment, I've had no problems with my back at all – something I thought I'd never be able to say.

Incredibly, even a recent horse riding fall hasn't triggered my pain to come back.

It really has been remarkable, and I'd recommend IDD to anyone whose pain is unresolved.

My back pain has been the bane of my life for so long, but I'm finally feeling free.

It's taken me 30 years to get here, but I'm just so grateful that I have.



On the farm



Me now

I couldn't believe it worked



On the machine