

Helping patients get off the back pain merry-go-round

The saying goes that “Everyone knows someone with a bad back.” People get pain and injuries at different times in their lives, but this notion of the person with “the bad back” really speaks of someone for whom back pain is a permanent fixture in their life.

The pain just isn’t going away and people can end up on a merry-go-round of GP visits, hospital appointments and trips to different clinics.

There is no magic bullet for back or neck pain, but every day we see in the clinics using IDD Therapy spinal decompression, that more can be done to help these people get their lives back.



We are excited by all the new clinics joining the provider network and helping to shape the future of spine care.

IDD Therapy in TalkBack Magazine

BackCare (The National Back Pain Association) is the UK charity for healthier backs. Set up in 1968, the charity aims to significantly reduce the burden of back and neck pain.



In a recent article titled “*How to treat a Herniated Disc, without resorting to surgery*”, Osteopath Stephen Haynes of Active Therapy Clinic Cirencester provides a comprehensive overview of options for patients, with IDD Therapy firmly in the centre of the treatment picture. Scan the QR code to open the edition of TalkBack magazine BackCare.org.uk



IDD Therapy is covered by

“It’s Like Osteopathy on Steroids”

The first time Osteopath Lawrence Bergstrom tried IDD Therapy for neck pain at his clinic in Faversham, Kent, he was really impressed.

As Clinic Director of Swale Back Pain Clinic, Lawrence wanted wider treatment capabilities to help certain patients in need of greater help for their pain.



A passionate manual therapist, Lawrence could feel the focus of IDD Therapy and in his words described the neck treatment as “osteopathy on steroids”. Scan the QR code to watch Lawrence as he receives treatment for his neck. swalebackpainclinic.co.uk



Chantal gets relief after 30 years of pain

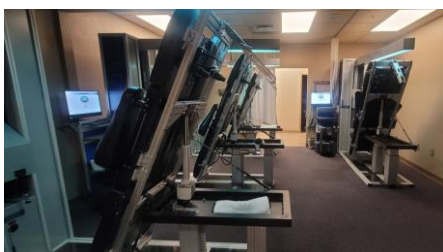
Suffering with her back for over 30 years, a dream move to a small holding in West Wales left Chantal Cooke in desperate need of help.



A friend recommended IDD Therapy and after a course of treatment Chantal says: “Now, over a year since I started the treatment, I’ve had no problems at all with my back.” Scan to see article



New Mexico – Millenium Health & Wellness Receives Accu SPINA No 4!



If there were any doubts about the opportunity to do more for back and neck pain sufferers using IDD Therapy, step forward Millenium Health & Wellness in Las Cruces, New Mexico.

Led by Dr Brian Hesser and with a team of physical therapists and chiropractors, the team recently took delivery of their **fourth** Accu SPINA to further expand their IDD Therapy service. It is fantastic to see their passion and Brian might be needing a bigger clinic! millenniumlc.com

Sciatica – Targeting the cause

If you talk to any clinician about pain, they will usually stress the importance of tackling the cause of the problem. When it comes to sciatica, a dull ache or shooting pain down the buttocks and legs, the causes can be complex and tricky to deal with.

The classic cause of sciatica is a bulging or herniated disc in the lower back, pressing onto or irritating nerves exiting the spinal column. Manual therapy and exercise aim to improve mobility in the affected areas and strengthen the supporting tissues.

The objective being to create an environment for the body to heal itself and to take pressure off the nerves. However sometimes manual therapy and exercise alone are not enough.



Computer-controlled

Find Your Nearest IDD Therapy Disc Clinic



www.iddtherapy.co.uk/clinic-finder

Mr Dan Plev is a highly-regarded Harley Street neurosurgeon and is passionate about using non-invasive treatment where it is appropriate. In a June 2021 article in Spinal Surgery News titled **“Treating sciatica – are there alternatives to surgery?”**



Mr Plev writes *“When pain from a bulging or herniated disc persists and has not responded to manual therapy, therapists use IDD Therapy as a tool to help take pressure off targeted discs and to gently mobilise the spine.”*



Scan to read article



Altering treatment angles to decompress targeted spinal segments

There are times when surgery is necessary to treat leg pain/ sciatica. However, if the underlying cause of unresolved sciatica is compression and immobility in the spinal segments of the lower back, then IDD Therapy is the first choice treatment programme. Safe, non-invasive and targeted to relieve sciatica.

South West Expansion - The Medical brings IDD Therapy to Bristol

We are delighted to welcome The Medical physio group to the IDD Therapy provider network. With a flagship practice in Bristol, IDD Therapy is now at the heart of their specialist spine rehab service.



Michael Micciche and Emily Nelmes complete IDD Therapy training

Clinical Director Andy Curtis says: *“IDD is part of an ongoing progression of our conservative spine treatment philosophy and we’re excited by the possibilities for our patients”.* themedical.co.uk

Where there’s a will there is a way!

Certainly that’s the way Osteopath Cain Sedgwick of Fareham Osteopathic Centre in Hampshire works.



Cain Sedgwick at Fareham Osteopathic Centre

When access to install his Accu SPINA was looking tricky because of tight corner, it was obvious really, take out the window and in she goes! We’re delighted to welcome Cain and the team. 😊



farehamosteopathiccentre.co.uk



IDD Therapy UK

Tel: 01279 602030

www.iddtherapy.co.uk



info@iddtherapy.co.uk



[iddtherapy](https://www.instagram.com/iddtherapy)



[iddtherapy](https://www.facebook.com/iddtherapy)

Download copies at www.iddtherapy.co.uk/newsletter