

### Understanding IDD Therapy and where to access treatment

The first question people usually ask when they hear about IDD Therapy is 'what does IDD stand for?'

Intervertebral Differential Dynamics is the answer, hence the abbreviation is easier. However, this description captures IDD's ability to treat targeted or different spinal segments in a non-static or rather, dynamic manner.

The goal is to decompress the specific intervertebral spinal segment, taking pressure off nerves, creating fluid exchange and improving spinal mobility. This freedom creates the right environment where the body's natural healing mechanisms can work efficiently.

IDD Therapy spinal decompression is at the forefront of a shift in the way clinicians treat spinal issues and we now have an enhanced identity to help patients identify local treatment providers.



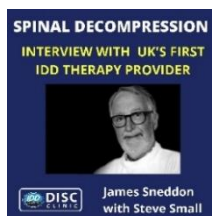
### The Spinal Decompression Podcast

For the podcast fans out there, you can now keep up to date with developments in Spinal Decompression from the comfort of your car, walking the dog or wherever you choose to listen!



Launched in Spring 2022 The Spinal Decompression podcast aims to share insights and experiences from clinicians who are using IDD Therapy every day in their clinics.

James Sneddon was the first UK clinician to introduce IDD Therapy. You can scan the code to hear James talk of his early experiences.



### Sciatica Relief for Chiropractor Chris Barron in Broadstairs, Kent

A house move led Charm Chiropractic clinic owner Chris Barron moving and lifting more than he wanted.

Shortly afterwards, shooting pains in his legs left Chris grateful he had ordered an Accu SPINA for his growing clinic on the Kent coast.



Chiropractor Chris Barron enjoying IDD Therapy

Chris says "I wanted IDD Therapy at the clinic to help some of my patients. Little did I know I would be using it myself! And now I really know how my patients feel and what it means to be able to get out of pain. Scan the QR code to hear Chris talking as he has IDD Therapy.



[charmchiropractic.co.uk](http://charmchiropractic.co.uk)

### More IDD Therapy mentions in TalkBack

Backcare is the UK's back pain charity. In its Autumn publication, IDD Therapy was once again at the forefront with articles featuring IDD Therapy by Surrey physiotherapist Anthony Padgett and London based neurosurgeon Dan Plev. Great news!



### ETHIOPIA: Two Accu SPINA in six months!

Kino Physiotherapy is a state-of-the art rehabilitation clinic in Addis Ababa and is the brainchild of Yusuf Seid and Amir Yusuf. When back pain got so bad that he couldn't get through the day, Yusuf travelled overseas to have a programme of IDD Therapy spinal decompression. The success of the treatment created a passion to bring IDD Therapy to Ethiopia and Kino Physio was born. After only six months, Kino has had to expand with a second Accu SPINA to meet demand [kino-physio.com](http://kino-physio.com)

## How the menu of spine care treatment is changing.

When someone gets a spinal problem, there is a typical pathway which they will follow to get back on to the track of normal activity.

In most cases pain medication is recommended early on to ease the pain, whether back pain, neck pain or nerve pain including sciatica. This can enable someone to move more freely and allow the body's own healing mechanisms to take care of the issue.



Sussex Back Pain Clinic

If things don't improve, then treatment interventions ranging from lifestyle advice to manual therapy are the next steps, with a common theme of exercise and the importance of keeping active.

**Find Your Nearest IDD Therapy Disc Clinic**  
 [www.iddtherapy.co.uk/clinic-finder](http://www.iddtherapy.co.uk/clinic-finder)

Recovery time frames vary and whilst most spinal problems resolve quickly or within a few months, some issues persist for months or even years.

The menu of options open to patients at that point then narrows significantly. Pain management does not hold the promise of pain resolution and after that, the choices narrow further to injections for pain relief and ultimately surgery.

The good news is that this menu of treatment options is changing. The mid-ground of spine care has a new category of care, or rather, not so much new but rather more widely prevalent.



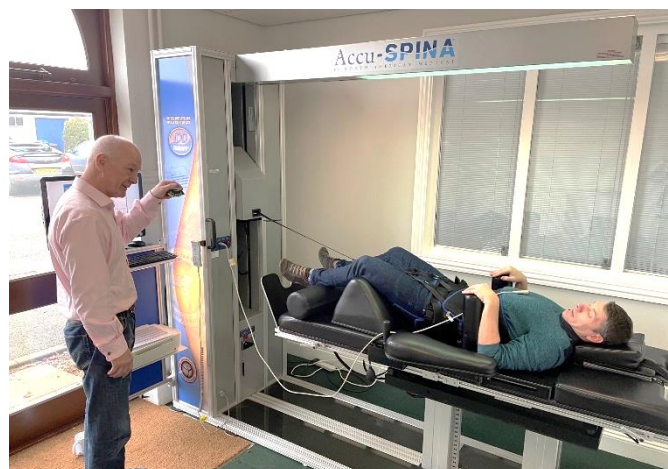
Conservative treatment programmes with IDD Therapy spinal decompression are appearing on more and more clinic menus.

This expansion of the treatment menu is giving greater options to thousands of people stuck in what is known as "back pain non-man's land". For unresolved spinal issues, IDD Therapy helps to relieve pain and get people back on track with their everyday lives. And that is a great menu choice!

\* Clinician Referral Form: [iddtherapy.co.uk/referral](http://iddtherapy.co.uk/referral) \*

## Northants Spine Service Opens

The Academy of Physical Medicine has now opened a specialist spine clinic, based on IDD therapy, for use by local practitioners. APM is one of the leading providers of CPD to manual therapists, and directors Claire Short and Steven Bruce are always looking for ways to assist

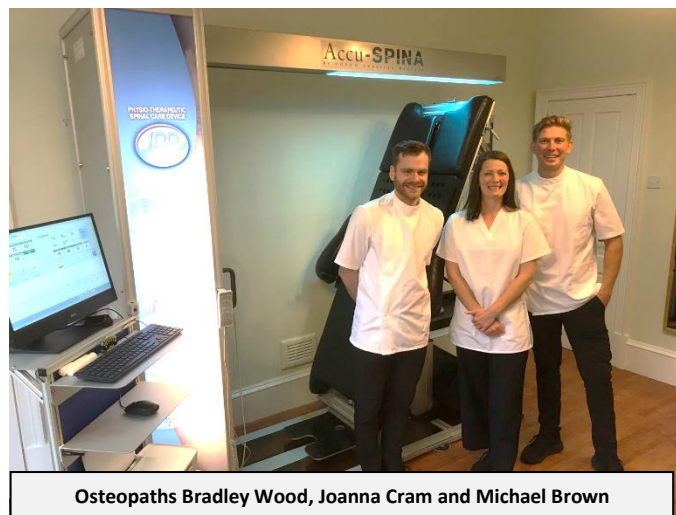


Steven Bruce providing treatment to a happy Jay Sheridan

their colleagues as well as patients from their own clinic. This new facility is sited in the picturesque town of Higham Ferrers (NN10 8DN). [ashgrovehealth.co.uk](http://ashgrovehealth.co.uk)

## Doing More for Discs in Glasgow

Cram Osteopaths in the west end of Glasgow is one of the oldest Osteopathy clinics in the country, founded in 1946. Current owners Joanna Cram and Michael Brown



Osteopaths Bradley Wood, Joanna Cram and Michael Brown

knew they needed to do more for certain patients and when space became available in their clinic, brought in the IDD Therapy specialism. 😊 [cramosteopaths.co.uk](http://cramosteopaths.co.uk)

**IDD THERAPY SPINAL DECOMPRESSION** **IDD Therapy UK**  
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