

Reducing The Back Pain Burden On Primary Care With IDD Therapy.

The opioid crisis in America highlighted the dangers from over-prescribing pain medications for back pain and has raised consciousness amongst health care professionals of the need and desirability to consider alternatives.

Whilst pain medications help patients with back and neck pain, are they the optimal go-to treatment when pain persists? Targeted IDD Therapy programmes restore spinal function and relieve pain, allowing patients the opportunity for long term relief and better life quality.

As the availability of IDD Therapy spreads, non-invasive, non-pharmacological treatment programmes take on an increasingly valuable role, both for patient health and for reducing the burden on primary care providers.

Spinal Decompression Podcast

Osteopath Rob Shanks was one of the first Osteopaths in the UK to introduce IDD Therapy Spinal Decompression.



In a recent interview for the Spinal Decompression podcast, Rob talks about his experiences introducing IDD Therapy at his clinic Spine Plus in Chigwell over ten years ago.

Rob describes feeling the difference when treating the L1L2 versus L5S1 in his lumbar spine, *“I could feel it doing the segmental distraction in a way that I couldn’t, that was it for me and I haven’t looked back”.*

Rob also talks about MRI scans having co-founded go2imaging.com which provides much-needed training to MSK practitioners to help them better understand MRIs, improve treatments and occasionally even save patient lives.



Scan to listen

From Taking Pain Killers Constantly To Living A Normal Life After IDD.

Four years ago, John Bishop from London was living life in “incredible pain”. Pressure on nerves in his neck left John with such pain in his right arm that every facet of his life was affected.

“I couldn’t hold a pen, I couldn’t drive, I couldn’t sleep, I couldn’t work ...”

When his Consultant said he would either have to live with the pain, try steroid injections or potentially that he might need surgery, John explored other avenues. His Osteopath Lisa Opie of Osteopath West in Ealing was using IDD Therapy Spinal Decompression and recommended John embark on a programme of care.

John was taking pain medications “all the time”, yet as he says in his video *“Within the second or third week I could feel some changes and improvements.”*

“Four years on I have not had to have any injections and I have not needed to have an operation. I can write, I can drive, I am able to exercise. I cannot recommend this treatment highly enough.”

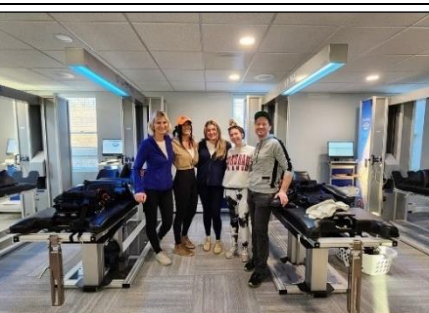


John is grateful after IDD Therapy

Osteopath Lisa has been using IDD Therapy since 2019 says, *“We see many patients like John who feel stuck and unable to move forward. The IDD Therapy programme gives us a non-invasive solution to help people get on with their lives”.*



Nerve pain from disc injuries causes sleepless nights and leaves patients living in a fog, where pain is a constant companion. Clinics like Osteopath West are helping patients like John to get off pain medication and get their lives back. osteopathwest.co.uk



Expanding Spinal Rehabilitation In New Jersey

Cunico Health & Wellness in Newton New Jersey is Sussex County’s Non-Surgical Disc & Spine Specialists. Led by Dr Susan Cunico, the clinic’s spinal rehabilitation service continues to expand. Now with four Accu SPINA and a committed team, the clinic goes from strength to strength. IDD Therapy spinal decompression is the core programme for unresolved disc and related problems. So congratulations to Susan and all the team for their exceptional work helping patients out of pain. cunicohealthandwellness.com

Taking Pain Away From The GP Surgery

GPs are at the front line of spinal pain with 7% of GP consultations being for lower back pain. Most back pain can be managed holistically with medication, including NSAIDs like Ibuprofen, and physical therapy.

Yet when pain persists, what next? Return visits to GPs when physical therapy and NSAIDs are not working can see patients prescribed stronger pain medication.

This starts with more powerful medicines like naproxen and can progress upwards to opioid analgesics including codeine, tramadol and in rare cases morphine. Additionally, a range of neuropathic agents (gabapentin, amitriptyline or pregabalin) may be prescribed for nerve pain such as sciatica.

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

Pain medication is intended to provide short term relief whilst the body heals or to enable a patient to manage their pain. But 'managing pain' can mean living life with pain and that isn't a desirable outcome goal for anyone.



Decompression and mobilisation of targeted spinal segments with IDD Therapy

Stronger pain medication is an indicator of an underlying cause not being addressed. Pain resulting from conditions including bulging or herniated discs can be addressed conservatively with a rehab programme of research-backed IDD Therapy Spinal Decompression.

IDD Therapy addresses the failings of traditional traction by decompressing and mobilising targeted spinal segments. Taking pressure off nerves and restoring function as part of a programme of care, IDD Therapy relieves GPs of the need to manage some spinal pain.

This allows patients to avoid the side effects of stronger pain medications and the risks of opioids, it addresses the underlying causes of the patients' problem and it provides alternate solutions for primary care providers.

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

Ripping It Up In Ripon With a SECOND Accu SPINA!

Vanessa Robinson introduced IDD Therapy for her patients in 2020. Three short years later and with new team members, Vanessa has expanded her clinic Cathedral Osteopaths with a second Accu SPINA. North Yorkshire's disc specialists. cathedralosteopaths.co.uk



Steve Small (IDD) with Vanessa Robinson & her second Accu SPINA

All Hail Fern Clinic, IDD in Hale!

Osteopaths Sabrina Chow and Martin Machata knew that certain patients needed more than they could offer with manual therapy alone. Having established their clinic in Hale near Manchester during the pandemic and



Sabrina Chow & Martin Machata with their Accu SPINA

with a passion for treating difficult spine conditions, the addition of an Accu SPINA and IDD Therapy means the Fern Clinic is able to offer a comprehensive conservative programme for patients in the area. fernclinic.co.uk

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