

### Uprating Spinal Pathways For Back Pain & Radicular Pain Sufferers

The focus of a lot of academic discussion around back pain relates to how best to improve outcomes for those patients whose pain does not improve within six to twelve weeks.

Between pain management, cognitive behavioural therapy and injections and surgery when necessary, the mid ground of spine care is where people live in pain, without a clear way forwards.

The cost-benefit of certain treatments is increasingly being called into question, for now they remain in spinal pathways.

For over twenty years from its development addressing the failings of traction, IDD Therapy Spinal Decompression provides a non-invasive spinal pathway which is being seen as an alternative route to help patients out of pain and off the system.

### IDD Therapy Under Fluoroscopy

As part of a commitment to advancing knowledge about IDD Therapy spinal decompression, a paper was published<sup>1</sup> in the Journal of Rehabilitation Therapy examining the unique and patented oscillation component of the specialist therapy.



Fluoroscopy rigged to an Accu-SPINA

A fluoroscopy is a live x-ray film and was used to observe treatment. The expected vertebral separation was seen at L5-S1, and a further 1mm longitudinal separation from oscillation was measured. The addition of active oscillatory signalling showed enhanced uniformity during vertebral separation.

<sup>1</sup> Busch RE, Menon PG, Sorin SL. A Single Session of Spinal Decompression with Oscillation and Videofluoroscopy. J Rehab Therapy.2023;5(1):17-24

### Proof That Heroes Come In All Sizes

Accu SPINA inventor and founder of manufacturer North American Medical, Carlos Becerra loves nothing more than meeting patients whose lives have been helped with IDD Therapy spinal decompression.

Here Carlos stands tall next to another towering success story for relief with IDD Therapy, former American Football star Duane Clemons.



Carlos with Duane Clemons

Duane played in the NFL for the Minnesota Vikings, Kansas City Chiefs and Cincinnati Bengals.

Many NFL players are affected by back pain and disc injuries. IDD Therapy delivers a non-surgical solution and helps restore function, enabling players to stay in active rehab.

### Sussex Back Pain Clinic Invited To Present IDD At Spinal Conference

Leading IDD Therapy spinal decompression exponent Steve Morris was invited to talk at the Versorium Spinal Conference 2023 in Brighton, East Sussex.

Osteopath Steve is the Clinic Director of Sussex Back Pain Clinic. Established in Hove 30 years ago and an early adopter of IDD Therapy, Steve and his team have been using IDD for over ten years where they have developed insights



Scan to hear Steve

to get the best from treatment. Recognised for his expertise in helping patients with unresolved spinal pathologies, Steve was invited to help further the understanding of IDD Therapy and the broader options available to patients in the mid-ground of spine care. [sussexbackpainclinic.co.uk](http://sussexbackpainclinic.co.uk)



### First and Second? No, Ninth and Tenth Accu-SPINA!

Spineatomy Spine & Disc Centers in Ontario, California recently received two Accu-SPINA for the opening of their new clinic. However, for owner Dr Brigitte Rozenberg this milestone in fact marked the opening of the third Spineatomy location. Additionally, it brought the total number of Accu-SPINA systems in the clinics to ten! Huge congratulations to Dr Rozenberg and gratitude to her and her team (pictured) for their passion and enthusiasm for IDD Therapy spinal decompression. [spineatomycenters.com](http://spineatomycenters.com)

## Scalable Change In Spine Care Treatment

The pathways for patients suffering with unresolved spinal conditions have remained relatively unchanged for years.

Whilst most back pain resolves within six weeks and anti-inflammatories can give relief in the meantime, there remains a body of pain sufferers who continue to suffer and who, from an administrative perspective, clog up the system.

There are of course many forms and causes of back and neck pain and much as we might like one, there is no single silver bullet or elixir to deal with every condition.



Physiotherapy rehab teams working with spine patients

Yet the back pain merry go round of physiotherapy, pain clinics, counselling, consideration for injections and surgery can drain time and take up valuable resource.

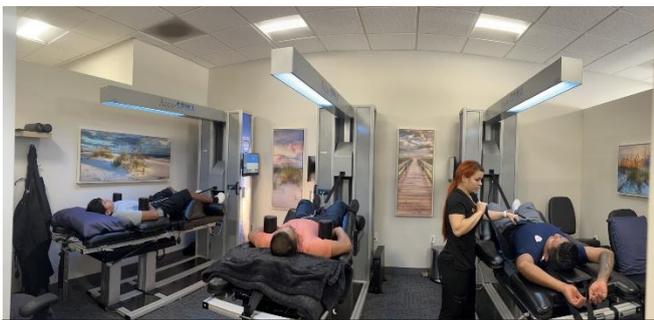
**Find Your Nearest IDD Therapy Disc Clinic**



[www.iddtherapy.co.uk/clinic-finder](http://www.iddtherapy.co.uk/clinic-finder)

Academia has a tendency to focus on small and very specific aspects of back pain causes and treatment. Yet with back pain the number two cause of long term sickness in much of the UK, opportunities to evolve are keenly anticipated.

Within private healthcare, clinics are successfully providing IDD Therapy spinal decompression programmes for specific conditions, most notably bulging or herniated discs and associated conditions like sciatica.



Targeted, measurable and duplicable treatment

Combined with manual therapy and exercise, IDD Therapy creates a holistic framework of treatment which is both safe and comfortable.

From an academic perspective, IDD treatment is interesting being both measurable and duplicable. At the time of writing, over 50 clinicians will meet shortly in London to discuss IDD Therapy programmes. Scalable change in spine care is coming.

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

## Walsall's Finest, Not Noddy Holder!

At Christmas, we know Noddy Holder of Slade only too well! But another son of Walsall is physiotherapist Jay Patel who is giving reasons to cheer all the year round.

For back pain sufferers in the black country, being pain free at Christmas is a gift they don't need to write to Santa for, since Jay now has IDD Therapy at his clinic Back2Fitness Physiotherapy. [b2fitnessphysio.co.uk](http://b2fitnessphysio.co.uk)



Clinic Director Jay Patel with his Accu SPINA

## Bournemouth Bank Takeover Bid!

Summer 2023 saw Lyfe Health take over a former branch of NatWest bank in Bournemouth. Part of The Medical Healthcare Centres and already providing IDD Therapy in Bristol, the project in Bournemouth is impressive.



The physio team at Lyfe Health complete IDD training

A committed physio team, state of the art rehab gym, reformer pilates, shockwave therapy and IDD Therapy, the clinic occupies two floors including treatment rooms in what was the vault! Vision to reality, well done all. [lyfehealth.co.uk](http://lyfehealth.co.uk)



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