

How The Evolution Of Non-Surgical Spine Care Is Gathering Pace ...

When James Sneddon of the Buckingham Clinic in Glasgow was the first to introduce IDD Therapy to a clinic in the UK over ten years ago, he could not envisage how he was starting a substantial spine care evolution in Europe and beyond.

The second UK clinic introduced IDD Therapy after owner Sally Lansdale from Herefordshire travelled to Glasgow for treatment of a disc problem. She was so impressed with the life-changing improvements that she decided to specialise in IDD Therapy.

Fast forward and the UK network has clinics from Aberdeen in the north down to Bournemouth in the south. A thriving global community of providers is refining treatment and delivering outcomes, helping patients stop taking medications and avoid surgery. Data and outcome-driven, IDD is changing spine care.

The Professor Shad Surgery Interview

Professor Amjad Shad is a consultant neurosurgeon and spinal surgeon at University Hospital Coventry and Warwickshire NHS Trust. Professor Shad joined Steve Small to talk about back pain, different treatment options for patients, IDD Therapy and why he only operates on 10% of the patients he sees.

WHEN NOT TO HAVE SPINAL SURGERY FOR SCIATICA AARGH!

NEUROSURGEON PROFESSOR AMJAD SHAD EXPLAINS TREATMENT OPTIONS FROM SURGERY TO INJECTIONS TO IDD THERAPY AND MORE!

WATCH PODCAST INTERVIEW

Watch the interview on YouTube or listen on Spotify. For more episodes tune in to The Spinal Decompression Show on Spotify.



IDD Therapy Conference Success

A fifth IDD provider conference was held in London, with leaders from different specialisms sharing insights and best practice to get the most from conservative spine care.

Sessions included case study presentations, treatment management, exercise after-care, MRI training insights, an overview of spinal cancer, cauda equina and surgery consideration from guest speaker Bob Chatterjee and more.



Mr Bob Chatterjee - Specialist Consultant Spinal Surgeon

The expert panel Q & A is the powerful open forum. It allows dialogue to flow as multi-disciplinary clinicians with a common goal pool insights and experiences to refine systems and processes for getting the most from treatment. The pace of note-taking was furious! And of course, everyone getting to know each other helps to foster true team spirit! Thanks to all participants for a successful day!

Our Favourite 2024 Holiday Snap!

'Look what we spotted on holiday!' Whilst travelling in Montenegro, IDD Providers Joanna Cram and Michael Brown from Cram Osteopaths, couldn't help but notice a billboard showcasing the Accu-SPINA and herniated disc treatment service of Endorfin Physiotherapy Clinic.

Rather than holiday photos of 'sausage legs' by the sea, this is our kind of holiday snap!



Five Accu-SPINA in Florida – High Five To That!

Dr Ivan Bracic of Spine & Joint of Southwest Florida has recently received his fifth Accu-SPINA, that's **five systems one clinic!** Dr Bracic made the move from Illinois where he'd practiced for 25 years and opened in Fort Myers Florida in 2019. Alongside chiropractic, Dr Bracic's IDD Therapy Spinal Decompression has gone from strength to strength, helping patients with unresolved spinal conditions return to pain-free active living. Sending a big high five to Dr Bracic and all the clinic team. spineandjointofswfl.com

Is It Time To Rethink Sciatica Injections?

In the arena of sciatic pain management, steroid injections are commonly used in an attempt to provide temporary pain relief to patients. The aim being to numb pain, reduce inflammation and nerve swelling, and allow patients to engage in treatments which address the underlying causes of sciatica.

However, spinal injections are rarely if ever given in conjunction with a definitive rehab programme. In the UK, the average cost of spinal steroid injections is over £1,000. Since research suggests that steroid injections fall short of providing lasting relief, wouldn't it be more cost-effective to combine or focus on treatment and rehabilitation from the very start?



Steroid injections do not address the underlying causes of sciatica

Among IDD Therapy providers, a question commonly asked is how soon a patient can begin treatment after an injection. Two weeks are recommended to allow the injection to settle.

Find Your Nearest IDD Therapy Disc Clinic



www.iddtherapy.co.uk/clinic-finder

IDD Therapy spinal decompression is an attractive compliment or alternative to steroid injections as it targets the underlying causes of sciatica. By decompressing targeted spinal segments and nerves, whilst working to improve spinal function, IDD offers a compelling long term solution for pain.



IDD Therapy at the heart of a comprehensive rehab programme

Prioritising the actual rehabilitation first rather than giving an injection in isolation offers greater benefits to the patient, with significantly improved cost benefits for health providers. Collaboration between pain clinics and IDD providers will evolve as the benefits of working together become clearer.

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

Three Generations In Aberdeen!

Osteopath Chris Ross could barely get through the work day because of a herniated disc. After IDD Therapy at Cram Osteopaths in Glasgow, he and wife Sarah had no hesitation in bringing IDD Therapy to their practice, The Little Clinic, in Aberdeen. The pair see patients who travel to the clinic and Chris regularly has IDD Therapy to keep him in tip top shape.



Finlay (future Osteopath?), Sarah, Chris and Colin Ross

Sarah, Chris and Chris's father Colin, who runs his own clinic in Aberdeen, were joined by baby Finlay for a most enjoyable IDD Therapy training day. thelittleclinicaberdeen.co.uk

IDD Therapy Expansion In Milton Keynes

With a desire to help more patients avoid the merry-go-round of pain clinics and potential invasive treatment, chiropractors Jatinder Benepal and Per Kleberg have expanded their already impressive services with IDD Therapy Spinal Decompression.



Elise, Monika, Per, Deep and Jatinder with their Accu-SPINA

Per and Jatinder established ISIS Chiropractic Centres in 1986 and have three clinics. Their ethos is to help patients struggling with musculoskeletal conditions by using the best non-invasive treatments. Combine that with passion and a strong team spirit and you have a winning formula to help and serve patients in the community. isischiropractic.co.uk

 **IDD Therapy UK**
Tel: 01279 602030
www.iddtherapy.co.uk

info@iddtherapy.co.uk [iddtherapyuk](https://www.instagram.com/iddtherapyuk) [iddtherapy](https://www.facebook.com/iddtherapy)
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