



Welcome relief

Cerebral palsy sufferer **Emma Andrews** finds respite from her back pain in IDD Therapy. Here, she urges others to do the same...

I'm Emma Andrews and I was born with cerebral palsy, thankfully only affecting my right-hand side. Never a day goes by without me thanking the Lord that I can even walk, many CP sufferers are confined to wheelchairs.

I'm immensely grateful of the gift of being mobile. Unfortunately, however, I am hindered by pain – the muscles and bones have essentially collapsed on one side of my body. I have spent years seeking pain-reducing management and hit copious brick walls, as various medical people, I felt, simply didn't look at the core issue, being in my case immature neurological signals from my brain to limb. This has caused me much down time where I've simply been in too much pain to work.

A friend told me about osteopathy and how well it had worked for her. By chance I'd recently picked up a flyer from the Sussex Back Pain Clinic, promoting an innovative new back pain treatment called IDD Therapy. I

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was of course sceptical but my pain was hitting a daily 9/10. Something needed doing so I thought that I would go along and find out more.

From my initial consultation and examination with Steve, he found that my back and neck

were extremely stiff and my muscles were not good, he also cited my poor neurological signals that no one before had even mentioned to me!

Steve explained that IDD Therapy is for discal problems, bridging the gap between conservative treatments and invasive, high risk surgery. Intervertebral discs consist of a central nucleus that is mainly water, is under high pressure and is held in place by strong criss-crossed ligaments of the outer annulus, which works rather like the walls of a bicycle tyre. Any damage or degeneration can weaken the wall and the nucleus can bulge out and interfere with spinal nerves causing pain and muscle spasm.

The computer technology used in IDD allows him to target selected discs with a relaxing undulating sensation experienced by the patient. As the bones on either side of a disc are drawn apart pressure is relieved on the disc with nerves and pain relieved. This also allows nutrients to flow into the disc to promote proper healing.

Fortunately, I'm not a candidate for the treatment as my discs are OK, but he did tell me that since he introduced the therapy in November last year he has some very successful outcomes – like Neil, a 43-year-old events manager, who suffered three years of constant sciatica. Even after a few days of the treatment he was considerably better and after six weeks could stand and walk with no pain.

I found my osteopathic treatment outstanding – it works!

Oh, the lamenting over the array of medics I had previously encountered. I'd almost concluded that I was to be trapped in a lifetime of pain!

I'm a regular now at New Church Road. What they have done for me is astonishing, my pain significantly reduced. I truly feel as though I have my life back and I'm frequently aware of much "passing traffic" – other delighted patients chatting in the waiting room, astonished too that many of them no longer need to "pop the pills"!

■ Visit www.sussexbackpainclinic.co.uk or call 01273 725667 for more details.