

The Changing Landscape Of Conservative Spine Care

To anyone who has been observing, there has been a slow but steady rise in the number of clinics providing IDD Therapy.

The practitioners using IDD Therapy come from a variety of professions, including physiotherapy, osteopathy and chiropractic. Behind the scenes these passionate practitioners are quietly raising the bar of non-invasive spine treatment.

The IDD Therapy provider Whatsapp Group now has 50 members and is alive with insightful discussions on all aspects of back care, sharing experiences and improving knowledge.

It's exciting to see that the pace of change and learning is accelerating as clinics help more people.

In May 2018, Spinex Disc Clinic opened its second IDD Therapy location in Aldgate, London.

Spinex joins Spine Plus, the first UK clinic to have two IDD Therapy locations (London and Essex) and The Buckingham Clinic in Glasgow which has two IDD Therapy machines at one location.

So, we can expect to see more pins in the locations map over the months ahead as more clinics join the UK's fastest-growing spine network. [#changingspinecare](#)



IDD Therapy availability is expanding in the UK

From Eight Painkillers A Day To No Painkillers!

At the end of 2017 Chris from Gloucestershire was struggling. Chris had been suffering with severe sciatica for months with pain shooting down his right side, from his buttocks descending to his ankle.

Chris tried different treatments and, in an attempt to manage his pain, was prescribed eight tablets a day including Diazepam and Naproxen. When an MRI scan (below) revealed multiple disc prolapses in his lower back, surgery was considered as an option.



Chris talks to David Ede of Active Therapy about IDD Therapy

However, before going down the surgical route, Chris found out that IDD Therapy was available locally at the Active Therapy Clinic in Cirencester.

After a consultation where IDD Therapy was chosen as the most appropriate programme, Chris started a series of treatments.



Disc Prolapses at L4-L5 & L5-S1

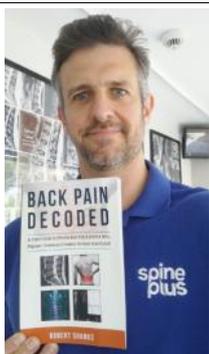
Chris says: *"Within a few sessions I was 80% better and by the end of the programme, I was taking no pain killers. I now have no nerve pain, it's changed my life."*

Congratulations to Steven Haynes (osteopath) and David Ede (physio) at Active Therapy Clinic for their great work.

Tel: 01285 643080 www.activetherapy.info



Scan me

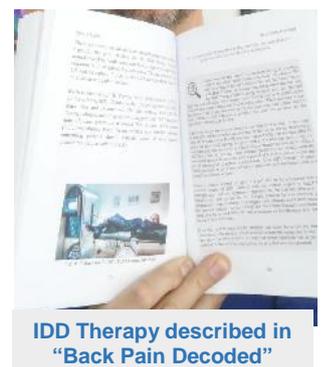


IDD Provider Publishes Back Pain Book

There is so much information about back pain available to patients now, but with that comes confusion. With many perspectives on the subject it can be practically impossible for pain sufferers to make informed treatment choices.

Osteopath and Director of Spine Plus Clinics Rob Shanks has now published his book. A guide to back pain which takes out the often un-necessary complexity of spine care in a format which is both clear and easy to understand.

Back Pain Decoded is a rounded view which looks at all aspects of back pain treatment in a language that is easy to read for all. So, well done Rob! A lot of people "have a book in them" but you have delivered! Available from Amazon.



IDD Therapy described in "Back Pain Decoded"

How Many Treatments Do I Need For My Herniated Disc?

"How many treatments do I need?" is a question which patients often ask their practitioner, whether they have a sprained ankle, frozen shoulder or a disc herniation.



Steve Morris of Sussex Back Pain Clinic in Hove

In the UK, the traditional treatment model within manual therapy is for four to six treatments. But the question is, is it enough for patients with chronic back pain?

The original IDD Therapy protocol is based on a course of 20 treatments spread over a six week period, to allow time for progressive rehabilitation and healing.

There are of course variations and programmes are tailored to the individual, with exercises. IDD Therapy is a gradual treatment which decompresses *targeted* discs and gently works soft tissues around the spinal joints with a goal to reduce stiffness and improve mobility.

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



Osteopath Ian Stuart has used IDD Therapy for five years. *"Practically all the patients we treat with IDD Therapy have originally failed manual therapy and corrective exercise-only programmes, including my own mother. IDD Therapy is the next step and the programmes enable us to achieve successful outcomes for patients who in the past would have most commonly had to rely on pain medication, just to try and get through the day."*



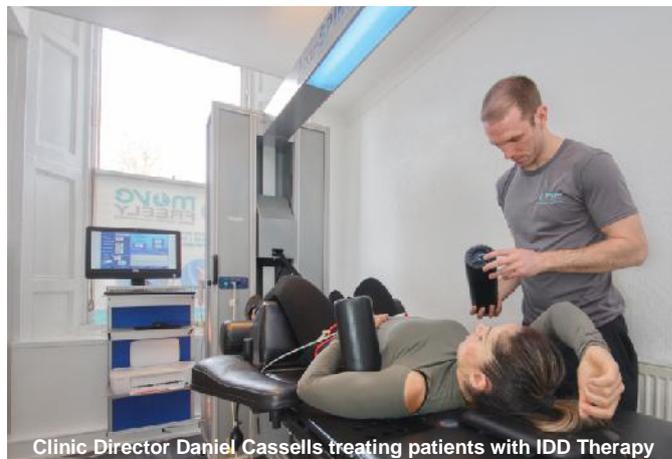
Ian Stuart, The Totalcare Clinic, Botley, Hampshire with his mother after IDD Therapy

There are over 1,000 clinics using IDD Therapy around the world and IDD is changing the way practitioners treat unresolved back pain. As testament to this change, IDD Therapy is now covered by AVIVA Insurance.

Practitioner Referral Form: iddtherapy.co.uk/referral

Excited In Edinburgh!

Move Freely Sports + Spinal in Edinburgh is the latest clinic in Scotland to join the IDD Therapy Disc Clinic network. That brings the number of providers in Scotland to three: Edinburgh, Glasgow and Greenock.



Clinic Director Daniel Cassells treating patients with IDD Therapy

Daniel Cassells of Move Freely says, *"IDD Therapy fills a gap in our treatment offering. As part of a programme of care IDD gives us a powerful tool which can help us transform the lives of patients with complex back issues."*

movefreelysportstherapy.co.uk

Happy In Hertfordshire!

Harpenden Sports + Spinal led by Gillian Brown (osteopath) and Garry O'Dell (physio) has also expanded their service offering for back pain sufferers.



Gillian Brown treating Garry O'Dell with her Accu SPINA

Gillian says, *"I wanted to help certain back and neck pain patients. IDD complements our existing services and enables us to do more for patients who think they have run out of options."*

harpendensportsnspinal.co.uk

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