

Put back pain behind you

Spring 2021

Spine Care Evolving In The Era Of The Global Pandemic

Spine care has seen a variety of challenges during the pandemic, not least of which has been the difficulty for people with back and neck pain to access services.

Waiting times are now a significant issue and this is expected to have knock-on effects with respect to the severity of conditions which have been left un-treated.

IDD Therapy clinics have been seeing increasing numbers of patients with unresolved disc issues seek their help as they pursue non-invasive options to address their pain.



The expansion of the IDD Therapy network continues and we are excited by the growing significance of the treatment in the sector of conservative spine care.

IDD Therapy In Spinal Surgery News



John Wood

Sheffield Physiotherapy's John Wood and Lewis Payne recently featured in Spinal Surgery News examining the expansion of IDD Therapy spinal decompression.

John, an early adopter of the treatment, says: "*Having used IDD Therapy for many years, both on its own and in combination with other modalities, we believe it provides the greatest opportunity for scalable improvement for patients with unresolved back and neck pain.*"

IDD Therapy is the preferred treatment option for herniated discs and sciatica where there isn't a need for emergency surgical intervention or certain red flags.



Mike loved IDD Therapy so much he knocked down a wall!

Osteopath Mike Furlong of Balance Health Centre in Liverpool was worried about his career when back pain became too much. After benefitting from having IDD Therapy in Buxton, he knew his clinic needed IDD.



Mike Furlong with his Accu SPINA in Liverpool

So Mike planned some changes. Taking some space out of his reception, he moved a wall and now has a dual purpose room where he provides IDD Therapy. Bob the Builder might fix walls, Mike is now fixing more backs than ever! balancehealthcentre.co.uk

Herniated disc leaves new mum Holly struggling to walk, stand or lie down



A difficult child birth left mum Holly with a herniated disc at L5S1. Taking medication and trying different treatments, Holly finally came to Harpenden Sports N Spinal in Hertfordshire.

Holly says "*I was in excruciating pain all the time. Walking was incredibly painful, just the little everyday mundane things.*" Learning about IDD Therapy, Holly had a course of treatment, she says: "*The relief of not being in pain every day, of not taking medication every day ... it feels amazing*" Fantastic news!



World's Largest Chiropractic Training School Invests in IDD Therapy

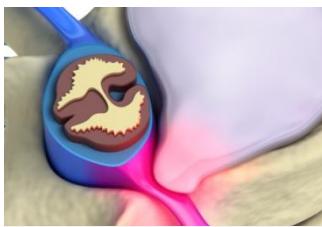


Life University in Georgia, USA has the largest chiropractic training school in the world. In 2020 we were delighted when Life University invested in its first Accu SPINA to provide spinal decompression training to students.

The addition of an Accu SPINA underlines the leadership position of IDD Therapy spinal decompression in this important and rapidly growing category of non-invasive care. A fantastic opportunity for staff, students and of course their future patients. Thanks and best wishes to all involved & www.life.edu

"Help, I've slipped a disc!"

It's a familiar tale, or should that be cry! That moment when one minute someone is quietly going about their business and the next minute ... agony!



Bulging Disc? Think IDD

Shooting pains, usually travelling down the legs or buttocks (or arms from the neck), appear when a disc in the spine lets us know that sadly, we are not invincible.

Clinicians don't like the term "slipped disc". A bulging, herniated or prolapsed disc are the correct terms to describe the condition where the centre or nucleus of an intervertebral disc presses outwards, causing the disc wall to bulge or even to rupture.

Find Your Nearest IDD Therapy Disc Clinic



www.iddtherapy.co.uk/clinic-finder

The result can be severe pain as the disc bulges out and presses on to or irritates a nerve exiting the spine.

IDD Therapy was developed to treat targeted spinal segments, enabling clinicians to decompress the



Computer-controlled decompression of targeted levels of the spine

affected disc in the back or neck and gently work soft tissues to help improve function and mobility.

Combined with manual therapy and exercise, a programme of IDD Therapy can help disc patients get out of pain and moving again, with goals to avoid long term medication use, injections and ultimately to avoid the need for spinal surgery. #changingspinecare



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

More treatment options for patients to get out of pain

With over 1,000 clinics globally providing IDD Therapy spinal decompression, the pandemic hasn't dampened the drive of clinic owners to do more for their patients.

On the edge of the Yorkshire Dales in the picturesque city of Ripon, Cathedral Osteopaths was the first UK clinic after lockdown to expand their practice to provide IDD Therapy programmes. ↗ cathedralosteopaths.co.uk



Vanessa Robinson of Cathedral Osteopaths with her Accu SPINA

Think of Eastbourne in East Sussex and many people think of a tennis tournament or political conferences. But step forward Eastbourne Back Pain Clinic who in January 2021 received their Accu SPINA and put the city on the map as a centre of spine care excellence.



Eastbourne Back Pain Clinic's Steve Crossley expanding spine care

The addition of Eastbourne Back Pain Clinic extends IDD Therapy clinic coverage on the south coast of England. Perhaps we can have our IDD Therapy provider conference there in the future too. ☺ eatbournebackpainclinic.co.uk



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