

## IDD Therapy – Fast Becoming An “Overnight Success”

We often hear about singers and sports stars who become an “overnight success”. One day nobody has heard of them, the next day they are part of the establishment and we wonder where they came from.

What we don’t usually appreciate with the overnight stars is the hours of practice and hard work that goes in for years to be able to perform and succeed on the day of emergence.



IDD Therapy making the headlines – Readers Digest

It is hard to believe that IDD Therapy was born in the late 1990s. Decompressing and mobilising targeted spinal segments is not a revolutionary concept, but subtle changes and improvement can lead to major breakthroughs.

Having grown in the USA, from very humble beginning, IDD Therapy has over 1,000 providers globally. In the UK alone there are over 30 IDD Therapy providers from a spectrum of professions and a rapidly growing European presence.

No single back pain treatment has a 100% success rate, but IDD Therapy provides a highly advanced treatment tool which can make a significant, life-changing impact on many patients who previously had nowhere else to turn. Not yet an overnight success, but well on the way. [iddtherapy.co.uk](http://iddtherapy.co.uk)

## Patient Becomes Provider Following IDD Therapy

Ironically, many practitioners and therapists suffer with back pain as a result of the physicality involved with their work. Osteopath Clive Giblin from Hythe on the Kent Coast was one such practitioner.

Having seen that fellow Kentish osteopath James Pickering of Wealden Osteopaths and Spine Centre in Goudhurst was providing IDD Therapy, Clive made the 30+ mile trip to go and see James.



Osteopath Clive Giblin – patient becomes provider

Clive says “As an Osteopath I know that there are some patients I can’t help with hands alone treatment. When I embarked on a course of IDD Therapy, I could immediately feel that IDD Therapy was decompressing areas of my spine in a way that I just hadn’t experienced with hands-on treatment”.

After completing a programme of treatment, Clive continues with rehabilitation exercise and looks after his back. And having experienced treatment for himself, he had no hesitation in bringing IDD Therapy to his own clinic on the Kent Coast. Good luck Clive!

[hytheosteopath.com](http://hytheosteopath.com)

## German Neurosurgery Centre – Spinal Excellence with IDD Therapy



IDD Therapy for Neck Pain at Wirbelsäulenzentrum

With three main clinics in the central state of Hesse in Germany, Wirbelsäulenzentrum is a leading neurosurgery group helping patients with spinal disorders and back pain. As might be expected, the clinics provide a spectrum of treatments, from complex spinal surgery to physiotherapy and rehabilitation programmes, including IDD Therapy at two of the clinics.

Neurosurgeon Dr Bernd Hölper says “We have been providing IDD Therapy for a number of years now. Our goal is always to improve spinal function and IDD Therapy helps us to achieve that when there is an underlying disc problem”.

With so much experience developing around the world, we look forward to sharing insights and evolving the programmes. *Vielen Dank!*

[neuro-chirurgie.de](http://neuro-chirurgie.de)

# SCIATICA?

**WHEN TO HAVE  
SPINAL SURGERY,  
WHEN NOT TO.**

**London Neurosurgeon Explains**

A series of five interviews with Harley Street Neurosurgeon Mr Dan Plev have recently been recorded to help patients understand when spinal surgery and injections are appropriate for their condition.

IDD Therapy is appropriate for pain sufferers with spinal conditions who need more than manual therapy and exercise to relieve pain and restore function. At the other end of the treatment spectrum are people with conditions which invite the consideration of whether invasive treatments are the next step.

The interviews have the following themes: when to have surgery for back pain, neck pain, herniated discs and sciatica, a fifth interview explains the considerations behind spinal injections.



Scan to watch

Mr Plev only operates on a small fraction of the patients he sees, namely less than 10%. He advocates a non-invasive approach where possible. You can find the videos on YouTube – search 'Dan Plev Neurosurgeon' or watch them on the IDD website at [iddtherapy.co.uk/surgery](http://iddtherapy.co.uk/surgery)

**Find Your Nearest IDD Therapy Disc Clinic**  
[www.iddtherapy.co.uk/clinic-finder](http://www.iddtherapy.co.uk/clinic-finder)



## IDD Therapy Video Channel Expansion

An updated video player on the IDD Therapy website means that a whole variety of IDD Therapy videos from around the world are now available for patients and clinicians to watch.



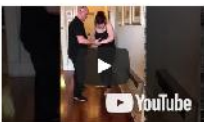
IDD Therapy Neck Pain Treatment  
patient in Israel describes her life transformation



Sciatica Treatment with IDD Therapy  
Berkhamstead Osteopathy's Tim Lawsonwell having treatment



Neck Pain Treatment - IDD Therapy  
Elder Treatment at Buxton Osteopathy Clinic with Phil Heiler



Back pain treatment - Fibert's life transformed with IDD Therapy in Glasgow



IDD Therapy Measured Angles of force



Amputation clinic using AccuSpina

Over 100 videos have been added so far which serve to share experiences and information on different aspects of IDD Therapy and the Disc Treatment Programme.

Individual clinics share videos on various platforms and we will keep adding videos to the IDD website as we receive them. To view go to [www.iddtherapy.co.uk/videos](http://www.iddtherapy.co.uk/videos)

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

## Latest Clinics To Provide IDD Therapy

The network of clinics providing IDD Therapy is expanding and clinics are identified as "IDD Therapy Disc Clinics". The provider network is not a franchise, rather it is an identity for a group of like-minded practitioners who share a passion for conservative spine care. Here is a selection of the recent new faces:



Adam Balderstone, DO (right) Stockwood Osteopathic & Sports Injury Clinic  
Buckingham, Buckinghamshire  
[www.999ost.com](http://www.999ost.com)



Clive Giblin, DO (left) Hythe Osteopathy & Spine Clinic  
Hythe, Kent  
[www.hytheosteopath.com](http://www.hytheosteopath.com)



Joanne Briddon, MCSP Treeline Therapy Centre  
Darley Dale, Derbyshire  
[www.treelinetherapycentre.co.uk](http://www.treelinetherapycentre.co.uk)

Well done to all the new clinics and welcome to the IDD family.



**IDD Therapy UK**  
Tel: 01279 602030  
[www.iddtherapy.co.uk](http://www.iddtherapy.co.uk)



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