

# I'm back thanks to James' top IDDea

Report: ALLAN McINTYRE

**JAMES SNEDDON is the pioneer of new medical technology that's bringing much-needed cures and relief to patients suffering from acute pain.**

The Balfron man has brought high-tech equipment to the UK and it is producing outstanding results.

I have first-hand knowledge of Mr Sneddon's treatment as it's thanks to this that I got my feet back under the editor's desk after many months' absence.

It really was the last throw of the dice for me in my bid to return to work as more orthodox and alternative methods had failed to produce any lasting relief.

High doses of painkillers along with physiotherapy treatment, acupuncture and visits to chiropractic clinics proved unsuccessful in treating my cervical spine damage.

Surgery was then ruled out, due to the risk of infection or palsy, but fortunately for me a friend recommended a visit to the Buckingham Clinic in Glasgow.

In a consultation with clinic principal Mr Sneddon, during which he looked at my x-ray and MRI scan results and carried out orthopaedic tests, he said that although results could not be guaranteed, he felt that there was a 75 per cent chance of success for me with IDD treatment.

## Intensive

This was the first time I had heard of IDD - Intervertebral Differential Dynamics - which is an advanced computer-controlled method of treating prolapsed/herniated disc and degenerative disc disease, as well as lower back and sciatic pain.

An intensive stage of 10 daily treatments on the Accu-spina machine followed but, as Mr Sneddon had earlier advised, there was no instant relief.

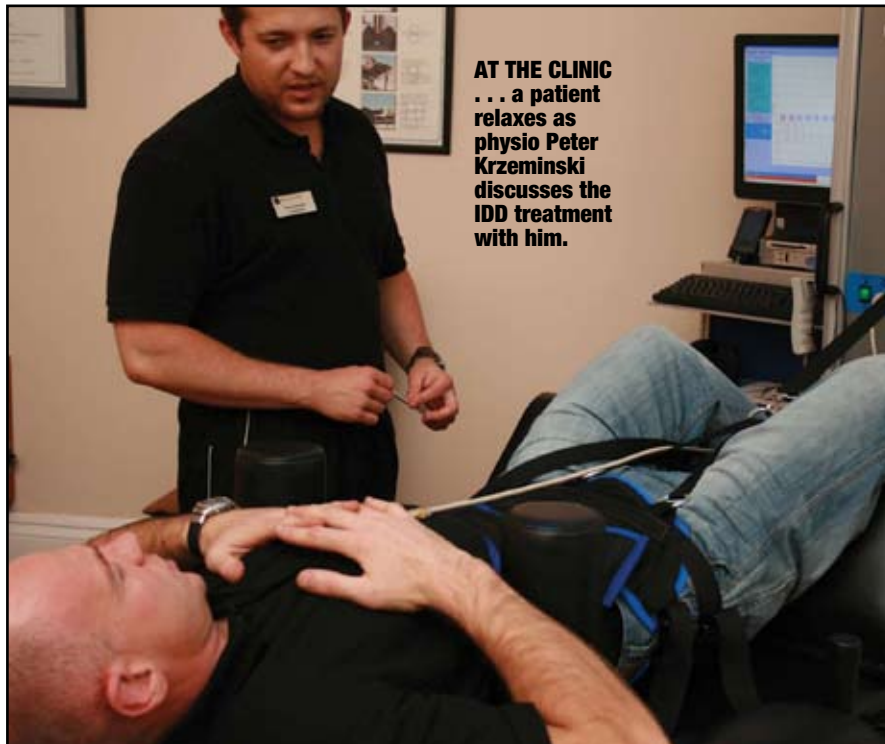
The next 10 sessions over a longer period produced remarkable results with the ease of head and neck movement and a great decrease in pain.

The treatment itself is best described as 30 minutes of relaxation as you lie back on the machine.

It was accompanied by Phyback, which is another revolutionary therapy treatment that sends impulses to relieve pain and aid the healing process.

Rehabilitation after the treatment included building up muscles and some stretching in the clinic's Medx Core gym facility.

A quick return to work came after my



**AT THE CLINIC . . . a patient relaxes as physio Peter Krzeminski discusses the IDD treatment with him.**

treatment at the Buckingham Clinic in Great Western Road and I would recommend a visit for anyone suffering from a similar problem.

Mr Sneddon, who qualified in naturopathy and osteopathy in 1972, has established himself as one of the leading osteopaths in the country.

He introduced IDD therapy to the clinic 18 months ago when he brought the first Accu-spina machine to Britain.

Mr Sneddon (61) said: "My original interest in IDD therapy came about through frustration with some types of prolapse disc that would not respond to normal physiotherapy and manipulative treatment. No matter what you tried they just did not respond.

"Many of these patients had to be referred on for surgery. I thought 'what are they doing in other countries?'"

"While browsing the internet I found that in the US, where litigation costs are so high, they were trying to avoid invasive surgery with the potential complications that come with this type of treatment.

"Neurosurgeons and physical therapists had taken the principal of traction and made it targetable by introducing dif-

ferent degrees of flexion at the same time. "Through trials they discovered that differing degrees of flexion affected different levels in both the cervical and lumbar spine.

"I spoke at length with different practitioners and they all stated that they were achieving results that before had been impossible.

"We took the risk and bought the first machine in the UK. The results were so good we purchased the second machine within a year.

"I feel that this has now helped a great many patients get their quality of life back."

Mr Sneddon and his wife Carolyn, who is a director of the clinic, also have a state-of-the-art practice at their home in Balfron where many of the treatments available at the Glasgow clinic, including osteopathy, aromatherapy, reflexology, remedial massage and pilates, are on offer.

For further details on the clinics call 0141 339 4340 or 01360 440970.



**SPINAL ATTRACTION . . . James Sneddon is one of the country's leading osteopaths.**

## Grow along with Dobbies

DOBBIES Garden World in Milngavie has announced that £2000 will be invested in the local area through its Here We Grow campaign.

The scheme, launched last year, is dedicated to getting local people off the couch and into the garden - to get their hands dirty and start growing.

The Milngavie garden centre is keen to hear from community groups, projects, schools and charities who need help to plant and grow in their gardens. They can apply for support, equipment and assistance to help them get started.

Ailsa Laign, of Dobbies

Milngavie, said: "We've had great success with Here We Grow in the last year, with projects such as donating spring flowering bulbs to local primary schools and community groups and creating a vegetable garden at Baljaffray Nursery."

If you would like to put your group forward to be considered for support, (including if you're a national charity looking for support on a local level), write to the Dobbies Community Champion by e-mail at [herewegrowmilngavie@dobbies.com](mailto:herewegrowmilngavie@dobbies.com). For more information, visit [www.dobbies.com](http://www.dobbies.com)

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