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THERE IS NEW HOPE FOR BACK PAIN SUFFERERS IN ESSEX AS **CHIGWELL OSTEOPATHY AND PHYSIOTHERAPY PRACTICE** OFFERS A REAL ALTERNATIVE TO INVASIVE TREATMENTS



A leading Essex clinic is the first in the county to offer a non-surgical treatment which is helping chronic back pain sufferers to avoid invasive treatments such as injections and surgery.

Established in the US 10 years ago and with over 800 clinics worldwide, IDD Therapy spinal decompression treatment has recently been introduced at Chigwell Osteopathy and Physiotherapy Practice.

Earlier this year, 42-year-old Jason Cotter from Romford went to the clinic with a history of chronic back pain and sciatica caused by degenerative disc disease.

"My back pain problems began in 2008 and at the time I was referred for physiotherapy by my GP," he says. "I was given exercises but they didn't help much; I still had severe shooting pains in my leg. After that I tried osteopathy which helped initially but didn't do anything for the bouts of sciatica I experienced this year.

"In April I felt worse than ever; I was in such a bad way that my wife had to help me up the stairs. A friend recommended Chigwell Osteopathy and Physiotherapy Practice."

The clinic's Director, Robert Shanks, is a back pain expert with multi-disciplinary clinics in London and Essex. He decided to treat Jason's sciatic condition with a specialised programme including IDD Therapy.

After a month of treatment, Jason was virtually pain-free.


"My sciatica was so intense, I really didn't think it would ever go but I feel like a different person now,"

he says. "I can walk properly and the pain has disappeared. I'm back at work now and I can't wait to get back on the golf course!"

IDD Therapy is a precise, safe treatment which involves the gentle distraction (drawing apart) of specific spinal segments where discs are damaged or herniated (bulging). The 'distraction' relieves pressure on the disc and pinched nerves whilst working muscles, helping to get more movement into the spine and ultimately free the patient from pain.

Robert Shanks has been delighted by IDD's capabilities. "Although IDD Therapy isn't available on the NHS yet, I have seen with my own patients and those of other clinicians, how different IDD is from traditional traction and how it can improve certain back and neck conditions," he says. "Several of my patients who had been suffering for years - some facing surgery - have made exceptional improvement with spinal decompression.

"IDD Therapy doesn't replace what we do in manual therapy; it is a treatment tool which lets us do more for our patients. Now we can offer patients an advanced back pain programme combining IDD with manual therapy and rehabilitation exercise.

"IDD isn't a cure-all but the results for many patients can be life-changing." 

Chigwell Osteopathy and Physiotherapy Practice holds monthly open sessions for patients, GPs and clinicians to find out more about IDD Therapy and other treatments.

For details, go to spineplus.co.uk/iddtherapy or call 020 8501 0937.

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