

“Playing golf was no fun with agonising sciatica... but I’m finally pain-free after IDD Therapy”



After his IDD Therapy Programme Bill is enjoying golf with his friends again...three times a week!

Keen golfer Bill Langan struggled with back pain and sciatica for six years, all the while refusing to give up his beloved sport. But eventually the pain and immobility began to affect his enjoyment of the game and he worried that soon he may not be able to play at all.

Bill explains: “My back pain and sciatica developed over a period of six months back in 2012. It started with some niggles in my back, but after a few weeks I was waking up in the night in agony with shooting pains in my leg.”

Over the next few months Bill’s pain worsened and the episodes became more frequent: “I’ve always been a keen golfer and as time went on, I began to feel worse every time I ventured out for a game. The mornings were the toughest; I could hardly move when I woke up and I needed to take painkillers regularly to manage the pain.”

After expressing concerns to his GP, Bill was given an MRI scan which showed a bulging disc in his lower back which was compressing his sciatic nerve.

“I was half expecting my GP to suggest surgery but instead I was told there was nothing they could do for me. I felt deflated and I didn’t really know what to do next.”

Bill struggled on until early last year when he saw a local magazine article featuring IDD Therapy, a targeted disc treatment for persistent back pain, neck pain and

sciatica. The non-invasive treatment uses gentle pulling forces to draw apart spinal segments where discs are bulging or damaged, removing pressure and irritation from trapped nerves.

Bill saw that IDD Therapy was being offered at Wealden Osteopaths and Spine Centre in Goudhurst. The expert team uses the programme to help patients who find themselves on a merry-go-round of painkillers, physiotherapy and GP visits.

“When I read the magazine story, the person featured in it had gone through a similar ordeal to me and they were now pain-free after IDD Therapy. I suddenly felt hopeful and quickly arranged a spinal assessment with James Pickering, the Clinic Director. I was very impressed with him; he reassured me that the treatment would target the root of my problem, not just my symptoms.”



IDD Therapy is changing the lives of back pain, neck pain and sciatica sufferers.

Bill was determined to recover his health and focused on attending regular sessions: “I knew I needed to be committed to the

programme and it was totally worthwhile: the sessions were actually relaxing and even before the course finished, my back felt the best it had done in years and my sciatic pain had disappeared completely: amazing! Nearly two years later, I have occasional osteopathic treatments to stay on top of things, but I’m still sciatica free, I’m enjoying life... and playing golf three times a week!”

“After my IDD Therapy programme, my sciatic pain disappeared completely: amazing!”

James Pickering is delighted with Bill’s progress: “Bill is a great example of someone who’s maintained a good level of spinal health since his treatment with us, and IDD Therapy was just the start of that; the springboard, if you like. IDD got him moving again, by taking pressure off the spinal joints and nerves, and once he was moving, his body continued the good work.” ♦

Don’t let back pain, neck pain or sciatica put your life on hold.

Call Wealden Osteopaths & Spine Centre on **01580 212833** or email us at:

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