



My life came to a standstill with agonising back pain... but now I'm back to health after IDD Therapy

After her IDD Therapy programme, Jane can now enjoy family life again.

Property Investor, Jane Kent had never had a back problem before, but last year her life was suddenly put on hold by debilitating pain and immobility.

Jane explains: "Over recent years we've moved house a lot; lifting furniture and boxes had become a way of life. Then last September I started an RHS course and began to enjoy gardening; no doubt this switched my back on to 'high alert'. Then my husband became ill, so I slept in our spare room for weeks; I remember having to sit on the edge of the bed each morning waiting for my back to 'realign' before I got up."

Things took a turn for the worst when Jane did some heavy-duty DIY: "The final straw came when my gigantic new bookcase arrived; after a two-hour installation, my back suddenly felt 'different'. At first, bending felt awkward; certain muscles in my lower back felt permanently clenched."

Jane tried to manage the pain herself but soon had to seek help: "I had some physiotherapy and acupuncture, without much success. Eventually, my GP arranged an MRI scan. In the weeks before the scan, things went downhill quickly: a shooting sciatic pain radiated down my left leg and I felt a burning ache around my abdomen."

Jane's pain was completely debilitating and soon her life was ruled by it: "I've never experienced anything like it; the pain was relentless. I could only walk slowly, sitting was unbearable and normal daily activities

were almost impossible; my lack of mobility had a huge impact on me.

I was prescribed strong painkillers but these only worked for 3-4 hours; I was quickly up to my daily limit – despite my reluctance to take them."

Jane had her MRI scan in February; the news was not good: "My surgeon said that because two prolapsed discs were pressing on the spinal nerve, surgery was the only answer; he suggested a spinal injection in the meantime. I left feeling bleak; I hadn't even contemplated a major operation, and I was uneasy at the prospect."

After some research, Jane's husband found IDD Therapy, a targeted disc treatment for persistent back pain, neck pain and sciatica. The non-invasive therapy uses gentle pulling forces to draw apart spinal segments where discs are bulging or damaged, removing pressure and irritation from trapped nerves.

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

"James reassured me that IDD Therapy would not just relieve my symptoms but actually target the prolapsed discs. As my life had ground to a halt by this time, I

focused on attending frequent and regular sessions over several weeks."

"I was astonished to feel the results immediately: the sciatic pain stopped almost instantly."

The IDD programme was a success and things turned around quickly for Jane: "I was astonished to feel the results immediately: the sciatic pain stopped almost instantly. The gentle treatment sessions were so relaxing, I began to look forward to them. Soon I had my mobility and independence back; it felt wonderful.

I've now taken up Pilates and I've completed my Day Skipper Course with the Torbay Sea School – something I could never have imagined when my pain was at its worst. I can't recommend IDD Therapy and James's team highly enough." ♦

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: enquiries@wealdenosteopaths.co.uk

