

My sciatica was so bad I thought I'd be housebound forever...



ADVERTISEMENT FEATURE



IDD Therapy has changed Julie's life

Non-invasive treatment solves Julie's back pain agony

Three years ago, Julie Phillips cycled 500 miles across the Rift Valley in Kenya. At that time, her back pain and sciatica was just about manageable. But as the months rolled on, the pain worsened and she found it more and more difficult to stay mobile and carry on with her usual activities.

Julie explains: "The pain was like a burning belt around my lower back which spread into my left thigh - I could only stand or walk for a couple of minutes without taking a rest. At 64 I thought I was going to spend my retirement as a disabled person."

Having tried various manual treatments without success, Julie ended up in limbo, feeling low.

"I had physiotherapy sessions but they didn't help. I even had hip injections but they only lasted a couple of weeks - and they were incredibly painful.

I was given stronger painkillers but these made me giddy. I felt very despondent and didn't know which way to turn."

Julie finally took matters into her own hands and found IDD Therapy, a targeted spinal disc treatment which was being offered at Wealden Osteopaths & Spine Centre in Goudhurst.

"I made enquiries and found that IDD Therapy is particularly successful for long-term back pain and sciatica (pain radiating from the lower back, usually down one leg).

At my initial assessment, the Clinical Director, James Pickering was confident that there was a good chance IDD Therapy could help me.

Because my condition was severe, I knew I would need a series of treatments but actually, I felt a huge relief after the first two.

With every session, the pain eased and I could walk a few steps more. By session number six I was feeling almost no pain.

"I went for a four mile dog walk with my grandchildren... when we got home, the kids and the dogs were pooped!"

I finished my IDD Therapy programme last summer and I'm feeling like a new person! I've got no pain and I'm completely active again.

The other day I went for a four mile dog walk with my grandchildren... when we got home the kids and the dogs were pooped!

I'm so relieved to have found IDD Therapy; I've truly been given a new lease of life."

James Pickering is delighted with Julie's progress: "It's wonderful to see patients like Julie doing so well with IDD Therapy after almost giving up hope of getting out of pain and back to 'normal'.

The treatment programme is an invaluable part of our services now and our first choice for long-term back, neck and sciatic pain."

To find out about IDD Therapy and other treatments offered at Wealden Osteopaths & Spine Centre call: **01580 212833** or visit www.wealdenosteopaths.co.uk