



IDD Therapy has changed Paul's life

In June 2017, Paul even completed the punishing Tough Mudder obstacle race, finishing 60th out of 260 competitors.



## Non-invasive treatment solves Paul's back pain agony

ADVERTISEMENT FEATURE

**Paul Bowman has always lived an active life. A regular in his local gym, he runs his own construction business, and loves the physical side of the job. "Occasional aches and pains go with the territory," Paul explains, "but gradually as I got older, low back pain started to become a real problem, and about three years ago I was referred for an MRI scan on my back."**

The scan revealed two compressed and bulging discs in Paul's lower spine. "Back then, I was just about managing," says Paul. "My back ached quite a lot, and I was losing some of my mobility."

Things steadily got worse, and Paul started to suffer from sciatica radiating down his legs. Another scan revealed a nodule in his spine, pressing against a spinal nerve root.

"The sciatica was shooting down both legs. I couldn't walk, I couldn't sleep, I could hardly work. The pain was unbearable, and a consultant advised surgery on my spine, which can be risky of course."

Paul decided to take matters into his own hands, and discovered IDD Therapy, a targeted spinal disc treatment, which was being offered at Wealden Osteopaths & Spine Centre in Goudhurst.

"I made an appointment with James Pickering, the Clinical Director. He examined me, and recommended 20 sessions of gentle treatment on the IDD machine. James explained that this would gradually decompress the bulging discs, and take pressure off the nerve root, which was causing my terrible sciatica."

Because of the severe nature of his pain, Paul knew that he needed a series of treatments, but actually started to feel considerable relief after the first four. Within a couple of weeks, he was even back in the gym, swimming and walking for pleasure again.

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**"I walked all the way around Herm island in a single afternoon. There was once a time when the sciatica was so intense it made me fall over. Not any more."**

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"Today, I feel fine and I'm near enough pain-free. Best of all, I can walk long distances again." And things just keep getting better."

"A few months after my course of IDD Therapy, my partner and I went on holiday to the Channel Islands, and I walked all the way around Herm island in a single afternoon. There was once a time when the sciatica was so intense it made me fall over. Not any more."

"I no longer need the surgery, and I've avoided all the after-effects of that. I would recommend this treatment to anyone."

James Pickering is delighted with Paul's progress. "We see so many patients like Paul, who've been taking painkillers long-term, and struggling with other forms of treatment, such as physiotherapy. People often feel like they've run out of options, but we offer a non-invasive solution that's safe, gentle and effective."

IDD Therapy is an invaluable part of our service now, and our first choice for longterm 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](http://www.wealdenosteopaths.co.uk)

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