

Every day was a battle with agonising sciatica... but I'm pain-free and enjoying life again after IDD Therapy

Sarah Gower from Marden had suffered with back pain 'niggles' for a few years, but last summer she was suddenly struck with unbearable sciatica in her leg which stopped her in her tracks.

Sarah explains: "For as long as I can remember, I've always experienced a degree of discomfort in my back which my osteopath at the time had put down to muscular issues, but one day I woke with the most excruciating sciatic pain which literally floored me; I could hardly move."

Over the following weeks Sarah's pain and lack of movement completely disrupted her routine: "I couldn't find a comfortable sleeping position for my back and the shooting pains in my leg woke me several times every night; I actually ended up sleeping on the floor out of desperation. I couldn't go to work, driving was impossible, and everyday chores – even bathing and dressing – became incredibly difficult."

Sarah's GP prescribed strong painkillers but after a short while, she discovered she was allergic to them. She was also put on a waiting list to see a spinal surgeon: "I knew it would be a few months before I saw a consultant, but honestly, I really wasn't comfortable with the idea of spinal injections or surgery; I'd read about the risks and recovery periods involved and it was a big worry for me."

More than that, Sarah didn't think she'd be able to manage waiting for an operation; she needed to get the pain sorted as soon as possible. "I'd seen some local magazine articles about patients who had recovered well at Wealden Osteopaths & Spine Centre, so I went for some hands-on osteopathy to begin with, but when I wasn't responding, the Clinic Director James Pickering stepped in and



After her IDD Therapy programme, Sarah enjoyed a pain-free holiday on the island of Jersey

arranged for me to have an MRI scan straight away; he suspected I had some disc damage - a possible reason for my relentless sciatica."

James's thoughts were confirmed; the scan showed a herniated disc in Sarah's lower back. He recommended a course of 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.



James Pickering's team is changing the lives of slipped disc and sciatica sufferers with IDD Therapy

James's expert team uses the programme to help patients who find themselves on a merry-go-round of painkillers, physiotherapy and GP visits.

Sarah was keen to start her treatment immediately: "James was confident that IDD Therapy could help me; he reassured me that it would treat the root of my problem so that my sciatica wouldn't return. I knew my progress may take some time, but I felt hopeful at last, and

I went into the treatment programme feeling very positive."

Sarah made steady progress with IDD Therapy; halfway through the programme, she felt a real improvement in her pain and movement.

"I still can't quite believe I'm back swimming, going to the gym, and sleeping through the night at last."

When her course finished, she was completely pain-free and back to her usual routine: "Actually, I still can't quite believe I'm back swimming, going to the gym and sleeping through the night at last. IDD Therapy has been a godsend, and James's team has been wonderful throughout"

James is delighted with Sarah's progress: "IDD Therapy continues to be an invaluable help to patients like Sarah who are stuck 'in limbo' between unsuccessful hands-on treatments, injections and surgery. It's our first choice treatment for disc-related issues." ♦

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

For a FREE 15 minute phone consultation with one of our experts, call **01580 212833** or email us at: enquiries@wealdenosteopaths.co.uk

