



Back pain and sciatica ruled my life for 16 years... but now I'm running again thanks to IDD Therapy

Sue James is a retired tailor and keen track-and-field athlete, but not long ago, excruciating back pain and sciatica threatened to put an end to her beloved sports forever.

Sue explains: "The pain started in my right leg; my partner Alan and I drove to athletics meetings and I'd find that it flared up during or after the journey."

Life became more difficult when Sue developed lower back pain; she couldn't sit for more than half an hour without terrible pain. Going out for a meal or to the cinema became impossible for her.

"My GP prescribed strong painkillers, but the side-effects were so severe, I had to stop taking them. I tried chiropractic treatment and I even went in an oxygen chamber... but it didn't make any difference to my pain."

Eventually Sue was referred for an MRI scan which revealed degenerative damage to the spinal discs and facet joints and compression of some nerve roots.

"My consultant arranged nerve block injections, but I had three rounds without any improvement. He suggested surgery, but I didn't want to have an operation with the recovery time and possible risks involved."

Last summer Sue read about IDD Therapy, a targeted disc treatment which uses gentle pulling forces to draw apart spinal segments where discs are bulging or damaged, removing pressure from trapped nerves.

Sue discovered that IDD Therapy was being offered at Wealden Osteopaths and Spine Centre in Goudhurst. James Pickering's expert team uses the programme to help patients who find themselves on a merry-go-round of painkillers, manual treatments, GP and pain clinic visits.

"I can do everyday things now like sit in a restaurant and enjoy a meal without being in agony the whole time"

"I felt huge relief when I spoke with James; he took the time to listen to my concerns, examine my spine and review my scans. He was confident that IDD Therapy could help me."

Sue underwent a programme of IDD Therapy and afterwards noticed a steady improvement in her back pain; after two months, it had gone completely. Soon her leg pain reduced significantly and now it has virtually disappeared too.



IDD Therapy has changed Sue's life

Main picture: Sue (centre) receiving a 5K cross-country Team GB gold medal

Sue won the South of England Cross Country Championships last December



Sue is now enjoying an active life again and is competing in athletics events pain-free.

"I can't tell you what a joy it's been to run without pain; it was thrilling to be part of the winning GB team in the European Masters 5K Cross Country earlier this year.

More than that, I can do everyday things now like sit in a restaurant and enjoy a meal with Alan without being in agony the whole time. IDD Therapy really has given me my life back. I'm so thankful to have found James and his team."

James Pickering is delighted: "We see so many patients like Sue who have been suffering for years, taking painkillers daily and struggling to improve with manual treatments and injections. Eventually, they are left quite despondent, not knowing which way to turn.

IDD Therapy offers a gentle and effective non-invasive solution. It's an invaluable part of our services - and our first choice for herniated (or 'slipped') discs and sciatica."

To find out about IDD Therapy and other treatments offered at the clinic, call **01580 212833** or go to **wealdenosteopaths.co.uk**