PULL AWAY PAIN

"I spent Christmas 2011 lying on the floor... the only way to get relief from the relentless agony," remembers Leighton Batchelor. After six years of debilitating disc and sciatic pain, the 38-year-old kitchen fitter faced back surgery with months of recovery time.

But a leaflet from his local hospital about a novel therapy for chronic back problems gave him hope. Assessed as an ideal candidate, he gave it a try.

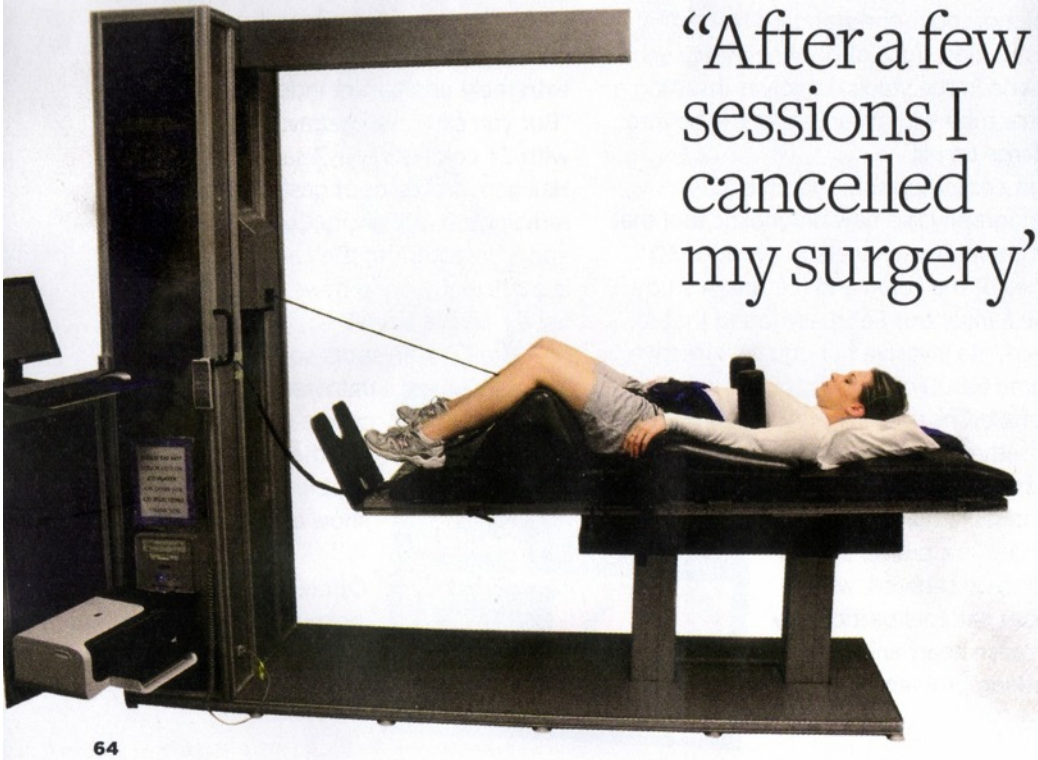
Intervertebral Differential Dynamics (IDD), developed in the US, is a safe, gentle and non-invasive treatment that takes from four to six weeks. The patient is attached to a machine that gently draws apart and mobilises spinal segments in the lower back where the discs are worn, damaged or herniated (bulging).

"Reducing pressure on the troublesome discs, as well as relaxing localised muscle spasm, means patients often experience significant reduction in pain," says osteopath Steve Morris, founder of the Sussex Back Clinic, where Leighton was treated. "Some notice a positive difference from the first session."

"As soon as the machine was switched on, I could feel this treatment was going to help me," says Leighton, from Warnham, West Sussex. "After a few sessions, I cancelled my surgery. After the third session, I was able to stop the painkillers. At six weeks, I could return to work." Two years on, he remains out of pain. "The difference is incredible."

"Studies demonstrate a success rate of up to 86 per cent," says Steve Morris.

● **Availability:** Private clinics only. Call 0345 6252 566 to find ones in your area.



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