ACORN STAIRLIFTS
A step up from the competition
• Rapid response
• Buy direct from the manufacturer
• Next day installation available
• Local service
• Free home trial
CALL NOW ON FREEPHONE
0800 19 19 19

Travel
FOR BRILLIANT HOLIDAY IDEAS & AMAZING DEALS, GO TO
www.express.co.uk/travel

Picture: DAVID McHUGH

The rack that cures your back

ADRIAN LEE looks at a new method for treating chronic pain

FOR hundreds of years traction, involving the use of weights to pull the spine, was offered as a cure for chronic back pain.

However as studies cast doubt on its benefits the treatment went out of fashion and today it is rarely used.

Now a new therapy is available based on the principles of traction but applying modern technology to target the injured back more efficiently and gently.

It's hoped that IDD (Intervertebral Differential Dynamics therapy) will provide a middle ground between manual treatments and surgery.

Although only offered so far by a handful of clinics in the UK and not on the NHS, IDD is aimed at chronic back conditions such as prolapsed or slipped discs and sciatica which affect up to one million people each year in the UK.

Many back problems are caused by poor posture, lifting heavy loads and over-exertion. Often it is just a case of straining a muscle and the injury will clear up in a few days.

For some patients however, the discs in the back are damaged which leads to long-term pain.

These discs act as shock absorbers, containing a jelly-like substance which can bulge out if they become compressed, causing pressure on nerves.

Minor problems can be treated with a visit to the physiotherapist, osteopath or chiropractor but more serious conditions don't always respond to those treatments.

IDD uses computer-guided technology and a technique called distraction to draw apart the spine's vertebrae and target the damaged discs.

This in turn relieves pressure on the compressed discs and over a series of sessions reduces the bulge and allows healing to begin.

"It is based on the same process used in traction of releasing pressure by stretching the back but it's much more accurate," says Steve Morris of Sussex Back Pain Clinic in Hove, East Sussex, which offers IDD.

"It's not a miracle cure for back pain but for some conditions it offers a bridge between manual treatments and surgery. IDD offers an extra level of choice and could be an alternative to invasive surgery.

"The risks with IDD are very low and we have seen some good success stories in terms of reducing back pain."

Back pain is estimated to cost the UK economy £2billion a year through lost working days.

MORE independent research is needed but one trial of IDD published in the European Musculoskeletal Review showed a 92 per cent success rate in patients who had been told they would require surgery.

IDD, which was developed in America, is normally an option for patients who have suffered pain for more than three months and haven't responded to other treatments. During sessions lasting 25 minutes each, patients are placed in a harness on a treatment table and the back is gradually stretched.

The level of force used depends on the severity of the back condition and the patient's weight. The maximum stretch is held for one minute at a time then reduced. This cycle is repeated throughout the session.

Unlike traditional traction, which can be traced back to ancient Egyptian times and spawned many weird and wonderful contraptions, IDD targets specific discs rather than the whole spine.

During treatment the back can be stretched in different directions according to the type of injury.

A typical package, costing £1,500, involves 20 sessions spread over six weeks followed by a rehabilitation programme.

/lmx

FINALLY RIDING THE SURF AGAIN

NEIL CRANSTON (above), 44, from Brighton, East Sussex, is the managing director of an events company

MY JOB, which involves organising functions and concerts, is very physical. I'm often on my feet all day and sometimes have to muck in and carry heavy equipment.

About four years ago I began suffering excruciating pain in my lower back across my hips. I struggled on but I was living on a diet of strong painkillers.

I'm an avid surfer but had to give up my hobby and was hobbling around feeling miserable. I consulted an osteopath and a chiropractor but my back problem only got worse. Eventually I returned to my GP and demanded a scan which showed I had a prolapsed disc.

Surgery was recommended but I wasn't keen to be cut open and began looking at other options.

Eventually I went for an IDD consultation which was being offered at the clinic where I'd had osteopathy.

It seemed perfect for my condition and after doing more research in January I began a course of 20 treatments spread over six weeks. It wasn't painful although it did feel a bit strange to be strapped in having my back stretched.

After a few weeks I could feel an improvement and by the end of the course the pain was gone.

Part of my package involved rehabilitation and I was given exercises to do at home including lots of stretching to build up my core strength.

I felt able to get back on my surfboard straightaway but didn't want to jeopardise my recovery. However three months later I was back in the waves in quite high surf and also playing football.

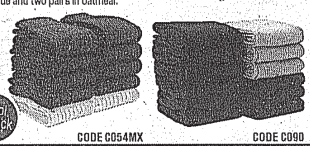
The treatment cost me £1,500 but what price for being free of back pain? I still get the occasional twinge but I feel as though I've been given a new lease of life.

● *For more information about IDD visit www.sussexbackpainclinic.co.uk or call 01273 725667. For other centres in the UK offering the treatment call 0345 6252 566.*

DAILY EXPRESS reader offer

LOOSE-TOP SOCKS
BY HJ HALL
ONLY £24.99 RRP £47.40 SAVE £22.41

Designed by HJ Hall, a leading name in men's socks, these calf length, loose top socks will be a joy to wear and will gently hold without any discomfort or pain.
Manufactured without elastic to ensure that they don't leave unsightly marks on the skin or pinch calves or ankles, they are comfortable to wear and are particularly good for those with circulatory problems or swelling of the feet, ankles, or legs.
Socks come in a 12 pack and are made of 80 % cotton and 20% Nylon and are supplied as 6 pairs in black, 3 pairs in navy and 3 in grey.
Also available is a 10-pack of genuine wool loose top socks. Supplied as four pairs in black, four pairs in blue and two pairs in oatmeal.
Made from:
17% wool
38% polyester
25% cotton
20% Nylon
Mens sizes 6-11.



CODE C054MX CODE C090

ORDER BEFORE 16TH FOR PRE-CHRISTMAS DELIVERY
CALL 0871 911 7022* QUOTE 24401 8AM-8PM, 7 DAYS A WEEK.
* CALLS COST 10 PENCE PER MINUTE FROM A STANDARD BT LANDLINE. CALLS FROM OTHER NETWORKS AND MOBILES MAY VARY.
WWW.SHOPEXPRESS.CO.UK/HJHALL
DAILY EXPRESS OFFER 24401 PO BOX 87, BRECON LD3 3BE

Please send me	Code	Qty	Price	Total
			£24.99	
			£24.99	
Postage & Packing				£2.95
Total				

I enclose my crossed cheque/postal order for £..... made payable to EXPRESS NEWSPAPERS OFFER (24401)
Title (Mr/Mrs/Ms): Initials: Surname:
Address:
Postcode:
Daytime Tel No:
Personal Email:
OR please debit my Credit/Debit card with the sum of £.....
Card No:
Expires: Security Code: Issue No:
(The last three digits on the signature strip on reverse of your card)
If you prefer not to receive information and offers from organisations carefully selected by Express Newspapers, please tick here ☐
Reg. London 1417 49 Express Newspapers, The Northern & Shell Building, No. 10 Lower Thames Street London EC3R 6EN. PLEASE DO NOT SEND CASH. Offer subject to availability. Please allow up to 7 working days for delivery. Please note we do not refund postage on unsuitable items or cancelled orders. If not happy for any reason we will accept faulty/unused goods in sealed original packaging for refund or replacement within 10 days. PLEASE NOTE A SIGNATURE IS REQUIRED ON DELIVERY. 24401