

A computer helped my BACK PAIN

Lucy Drew thought there would be no end to her agony, but now she's finally found a cure

Not so long ago, I'd have loved an excuse to get out of the washing up or the ironing but, after relying on my husband Matt to do so much, I'm thrilled to do the chores again...

I was walking down the stairs, in December 2006, when I felt a shooting pain in my lower back. In seconds, I was bent over doubling, screaming for Matt.

He took me to A&E, but doctors said it wasn't serious so I was given morphine and sent home. I thought maybe I'd overworked myself. I've always been active – I danced and did aerobics – and I'd play with my daughter, Lara, then three, at the park.

After bed rest and sessions with an osteopath, I thought I was better. I had my youngest, Maisy, in April 2008, and I loved being a mum. I'd still get the odd spasm, but thought it was nothing to worry about.

But in August 2016, we were on a family break in Cornwall. We were riding bikes when, suddenly, I felt that all-too-familiar shooting pain in my back. It was like being gripped in a vice, and all I could do was hobble back to the holiday cottage. In the days after, the spasms got worse, and I'd feel a numbness in my leg. I'd also wake in the night, crying out in agony.

As soon as we got home, I had an MRI scan, which showed I had a prolapsed disc – the gel inside had leaked out and was pushing on my nerves. Doctors said I'd need a steroid injection in the base of my spine.

The injection would be in a month, but the pain was awful. I couldn't work or drive, and I needed a walking stick. Matt had to do almost everything for me – even putting my socks on!

Then, in September 2016, it was the day of my injection. I was about to leave home when the phone rang. It was the hospital to say the procedure had been postponed. All I could do was sob as I hung up.

With Matt at work, I called my mum. As she consoled me she explained she'd read about a clinic offering Intervertebral Differential Dynamics (IDD) therapy – a treatment using computer-controlled pulling forces to draw apart the spinal segments where discs were damaged. It sounded like a medieval torture device, but what did I have to lose?

Three days later I went to the clinic where I met Craig, a physiotherapist. I was led to the machine and strapped into a harness, while Craig operated a computer.

After the treatment, when I stood up there was a twinge in my back, but for the first time in ages, the pain didn't bring tears to my eyes. I continued seeing Craig, and, at another MRI scan in January 2017, there

'IT FELT LIKE I WAS GRIPPED IN A VICE'



IDD therapy helped to ease the ordeal of Lucy's slipped disc



Lucy can run around with her daughters again

was a big difference. The pressure on my nerves had been relieved.

Now, while I'm not totally pain free, life is good again. I can run around the park with the girls,

go to the gym – and yes, I can even do the housework. It feels like a miracle, but it's all thanks to a computer!

*** For more info, visit ashleighclinic.co.uk. To find your IDD Therapy Disc Clinic, call 0345 625 2566**

THE FACTS

- * A prolapsed disc is when the soft cushion of tissue between the bones in your spine pushes out.
- * It can press on nerves, in particular the sciatic nerve, causing back pain, numbness and tingling.
- * Treatment includes medication, physiotherapy and even surgery. @

Coconut crazy

For a guilt-free treat in the sunshine, try The Coconut Collaborative's Snowconut Tubs (£4 for 500ml, sainsburys.co.uk). In four

delicious flavours including Raspberry and Chocolate, this ice-cream alternative is dairy, gluten and refined sugar free.



Mother nature

Need to relax? Just take a stroll. Research shows that spending time in nature – even if it's just in your own garden – can reduce stress and make you feel more positive.



Happy feet

It's time to get your feet summer ready!

Flexitol Heel Balm (£4.99 for 56g, boots.com) hydrates unsightly cracked heels and feet leaving them soft and smooth.



3

WAYS TO BOOST YOUR HEALTH THIS WEEK

The scientists have spoken! Try these tips for a healthier life...

