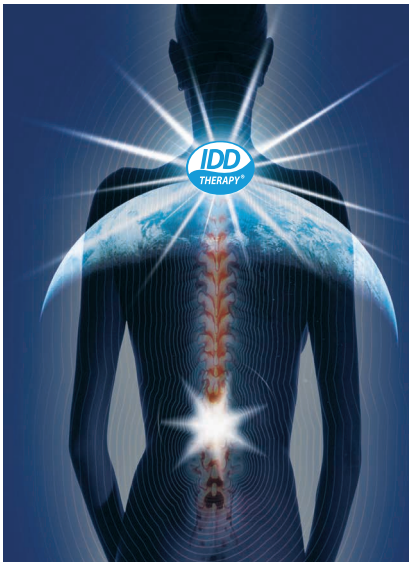


BACK PAIN?

We can help you.



IDD Therapy[®]: Targeted Treatment for Chronic Back Pain and Neck Pain



What is IDD Therapy?

Intervertebral Differential Dynamics (or more simply, IDD) Therapy treatment is a non-surgical spinal decompression programme for low back pain, neck pain and certain spine-related conditions.

It was developed in North America to address the failings of traditional traction and the natural limitations of what can be achieved with the hands alone.

Who is suitable for IDD Therapy?

IDD is suitable for patients suffering with unresolved back pain, neck pain, leg pain (sciatica) or arm pain caused by spinal nerve root irritation. Most commonly, patients with bulging or herniated discs ('slipped disc'), degenerative disc disease and chronic stiffness in the lower back are candidates for treatment.

In most cases patients have had back pain for more than three months. They will have already had standard conservative treatments and feel that their unresolved back pain is continuing to impact negatively on their life. Patients may be taking pain medications and in the extreme, may be considering pain injections and/or surgery.

How does it work?

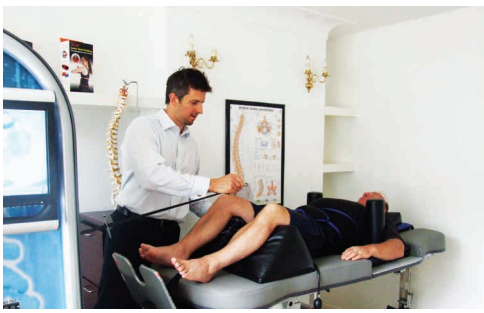
IDD Therapy applies computer-controlled pulling forces at precisely measured angles to gently distract (draw apart) targeted spinal segments.

Distracting vertebral joints relieves pressure on the disc and any pinched nerves (a cause of sciatic pain) whilst promoting the movement and absorption of fluids and nutrients in the disc space. These fluids and nutrients are essential for disc health.

Whilst distracting the vertebrae the treatment also works tight or stiff muscles and ligaments, helping to get more movement into the joints.

The body has a natural maintenance and healing mechanism. By progressively improving the mobility in a joint, these mechanisms can operate more effectively and help to relieve pain.





How is the treatment administered?

IDD Therapy is delivered by the SPINA range of FDA cleared Class II medical devices. These new machines use sophisticated computer software to apply controlled pulling forces at measured angles in a precise and safe manner to a patient who remains fully clothed, comfortable and relaxed on the treatment bed.

Ergonomic harnesses connect the patient to the SPINA machine and taking into account the patient's weight and condition, a distraction force (stretch) is applied to targeted segments of the spine. Pulling forces are gradually increased over the course of treatments as the body becomes conditioned to the treatment. All aspects of IDD Therapy are recorded by the SPINA machine.

In addition to treatment on the SPINA machine, patients begin with ten minutes of infrared heat applied to their lower back using new carbon fabric infrared pads worn against the body (Thermedic[®]). These infrared pads help to relieve pain and increase blood flow in the target area. Warming muscles and ligaments helps to make them more supple and this allows a deeper and more comfortable distraction on the machine. After treatment on the SPINA machine, patients have ten minutes with cold therapy to help prevent any temporary soreness caused by muscles being worked in a new way.



What is the difference between IDD Therapy & traction?

Evidence shows that traction for back pain is not effective¹. Traditional traction did not allow clinicians to repeatedly apply distraction forces in such a precise, comfortable and controlled manner. With IDD Therapy, computer-controlled distraction forces are applied progressively at precisely measured angles to focus treatment at targeted spinal segments at the origin of pain.

Moreover IDD Therapy has a unique ability to combine distraction with joint mobilisation in a longitudinal plane at the point of maximum joint distraction. In simple terms this means that there are two different movements taking place: firstly a stretch along the length of the spine and then at the point of maximum stretch, an undulating movement rather like an accordion opening and closing is applied. This creates small pressure differentials and works soft tissues.

Is there evidence for the success of treatment?

Yes. There is a growing body of research for IDD Therapy and studies have been conducted examining the success of treatment. Results show that IDD Therapy can be superior to or comparable with other modalities^{2,3,4,5}.

The manufacturers of the SPINA devices have programmed internationally-recognised research tools into the computer software as part of a commitment to evidence-based medicine. This enables clinicians to measure, analyse and report ongoing patient outcomes. No other physiotherapeutic device has such ability to measure & monitor the outcomes of treatment.

How much does treatment cost?

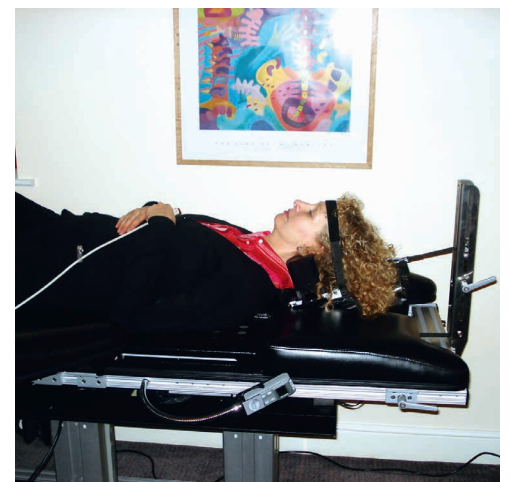
Each treatment lasts for up to one hour and is billed by time in line with standard manual therapy charges.

How many treatments will I need?

Patients have a series of treatments typically spread over a number of weeks. This is to allow time for the body to adapt to treatment with a goal of progressively improving spine function. Whilst symptomatic relief can be experienced in the early stages of treatment, the body does not adjust overnight where chronic conditions have built up over time.

Is IDD Therapy suitable for neck pain?

Yes. The SPINA machines are equipped for cervical treatment and have a special unit for neck pain. Treatment lasts 25 minutes and is precise, gentle and safe.





How long will the effects of treatment last?

Evidence has shown that people who undergo a course of IDD Therapy treatment can see continued improvement after treatment has finished⁶.

The goal of the IDD Therapy programme is to relieve pain and allow segments of the spine to move freely. Improving mobility is essential to enable the body's natural healing and maintenance mechanisms to operate more efficiently and thus give lasting improvement.

Long term success doesn't only depend on the nature of the condition being treated but also the patient's ability to make recommended lifestyle changes such as incorporating light exercise into their weekly routine. Whilst some patients will have occasional top up treatment, combining the treatment programme with lifestyle changes can help avoid recurrent bouts of back pain.

Will I feel any pain during or after treatment?

The secondary objective of the treatment is for it to be as comfortable as possible. Patients do not typically feel pain during treatment; most are very relaxed and some even go to sleep. Patients can experience temporary soreness following treatment since muscles which have not been used are being worked in a new way. Cold packs are used to relieve soreness which usually passes as treatment develops and the body adapts.

Do I need to do any exercise or activity?

Yes, though nothing too strenuous! The goal of the spinal rehabilitation programme is to improve mobility, relieve pain and create a platform for activity. As treatment progresses you will be given gentle exercises to perform and shown how to look after your back properly. Exercise and activity are an important part of long term rehabilitation.

I have had surgery on my back in the past – could I still be a possible candidate for IDD?

Patients who have had surgery can have treatment, provided that the procedure was not within the previous six months (to allow for complete healing) and there are no surgical implants.

Is there an upper age limit to having IDD Therapy?

There is no upper age limit to having IDD Therapy and many mature patients enjoy good outcomes with treatment. Treatment is adjusted according to the condition of the person being treated.



Bridging the Treatment Gap



What is the maximum patient weight?

IDD Therapy treatment is suitable for people up to a maximum weight of 30 Stone or 190kg.

How do I know if I'm suitable for IDD Therapy?

Not all back pain sufferers are suitable candidates for IDD Therapy. If you have tried standard conservative treatments such as physiotherapy, osteopathy and chiropractic without success, we recommend you have a consultation at an IDD Therapy clinic in your area.

You will be examined by a professionally qualified clinician who will advise you whether you are suitable for treatment. If you are not suitable for IDD then the clinic may be able to offer you other treatments for your condition or make a referral for you.

Where is IDD Therapy available?

IDD Therapy treatment is available in over 1000 clinics worldwide. There is a rapidly growing number of clinics in the UK and Europe, as well as providers in the USA, South America, North Africa, the Middle East and Asia. Treatment is provided by physiotherapists, osteopaths and chiropractors, as well as medical doctors and pain consultants.

For more details contact your nearest IDD Therapy® Disc Clinic.

Social Media



For links to Facebook, Blog, YouTube and Twitter visit www.iddtherapy.co.uk

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IDD Therapy Testimonials

The following testimonials are just a few from the many people who have benefited from a course of back pain treatment incorporating IDD Therapy.

"I suffered with low back pain and sciatica on and off for a long time and had surgery a few years ago for a prolapsed disc. Unfortunately the symptoms came back and I was in pain again and unable to live a full life.

When I heard about IDD Therapy, I jumped at the chance and got relief in the first week of treatment. I have now been able to travel abroad on business (when previously I thought I would have to cancel my trip).

I have followed the treatment plan and am now pain-free and able to lead a proper family life, including DIY and a full career in business." **John D, aged 48, Herefordshire**

"After suffering for months with extreme pain, along with pins and needles due to a trapped nerve, on the recommendation of a friend, I visited my local clinic and was advised to have a course of IDD Therapy.

This is a most relaxing treatment and I began to feel the benefits after the first couple of sessions. I completed a course of treatment and am now totally pain-free." **Sheila F, aged 64, Seamill**



"Having suffered from intense lower back pain for a considerable time, I decided to try IDD Therapy treatment. I now walk upright and my sleeping pattern which had been so bad through pain, is now back to normal." **Pat, aged 57, Herefordshire**

"I have had lower back problems for a number of years despite regular treatments and I have what is medically referred to as a "dodgy back". IDD was recommended to me and during a course of treatment, I gradually became more flexible until eventually I was waking up in the morning pain-free.

I can now go cycling, hill walking and take part in other activities without worrying about my back. My job can also be quite physical at times putting extra pressure on my back, but since my first IDD session I have had no back problems at all.

Based on the vast improvement I have felt in my lower back and the increase in my general activity, I would highly recommend this treatment." **John S, aged 57, Balloch.**

"Three years ago I injured my back whilst lifting at work and ended up damaging a disc. I tried physiotherapy, osteopathy, acupuncture and facet joint injections but I only got temporary relief. After a series of IDD treatments I was virtually pain-free and back at work." **Margaret E, aged 63, Chigwell**

"Last year I was in a terrible state: virtually every time I moved I got shooting pains in my legs. I love playing football and going to the gym but I just couldn't do any sports - even swimming - without this severe pain.

I'd tried lots of different treatments including spinal injections but nothing seemed to touch the pain. Finally, I was told that surgery was my only hope.

After a series of IDD treatments I no longer suffer with my original sciatic symptoms and I'm pain-free. I'm now swimming and going to the gym again." **Dan K, aged 34, North London**

If you are suffering with back pain or neck pain and would like more details, contact your nearest IDD Therapy® Disc Clinic.

