

Sisters' delight at treatment

by
**Andrea Glennon
Bibury**

BRAVE Bibury sisters Lydia and Louise Marshall, who both have the same debilitating illness, have spoken of their joy after discovering a pioneering new treatment that will avoid the need for potentially dangerous corrective surgery.

The sisters were both diagnosed with scoliosis – a painful and potentially fatal illness that causes their spines to curve sideways. The only cure involves major surgery to fit metal rods into their backs in a risky, nine-hour operation that could have left them paralysed.

After endless X-rays and hospital appointments, Louise, 17, was told she needed the operation almost immediately and was placed on the waiting list.

Lydia, 22, was told that her condition had stabilised but she later deteriorated and was also told surgery was the only option.

That was until the sisters came across Scoliosis SOS – a specialist clinic in Suffolk that was set up by scoliosis sufferer Erika Maude.

After four weeks of therapy, which involved various exercises at the clinic, Louise managed to stabilise her curve, which meant she was no longer faced with having her spine fused.

Months later, sister Lydia enrolled on the course and



Lydia and Louise Marshall who have conquered the debilitating effects of scoliosis

has managed to free herself from constant back pain. The rotation of her spine has also decreased and she has almost doubled her lung capacity.

She said: "Seeing the spectacular results my sister achieved was amazing. Although my condition was not quite as severe as Louise's, my posture and pain really affected me.

"I am so grateful for everything the therapists have done for me and my sister, and I hope that the treatment continues to save other young girls from the surgeon's knife."

Louise said the treatment

was hard work but well worth it in the end. "I feel much healthier and I can play sports for so much longer without getting out of breath," she added. "I would definitely recommend this treatment to anyone. If it's the choice between being cut open and exercising I know which one I would choose."

Scoliosis affects more than four per cent of the population and if left untreated can lead to fatal heart and lung problems.

For more information on Scoliosis SOS, go to scoliosissos.com