

Clinic treatment ends years of back pain misery

# Samantha back from the brink

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**A WOMAN from Northampton whose spine had been distorted since the age of 18 has finally been given relief 30 years later without surgery.**

Samantha North, aged 51, from Ecton Brook, Northampton, was given what she believed was “a life sentence” of misery when she was diagnosed with a serious spinal condition called scoliosis that meant she might never stand up straight again.

Over the course of her life the problem had got so bad she was facing a major nine-hour spinal fusion operation which would have involved having metal rods fitted down her back, making it completely solid.

Mrs North said: “It’s difficult to describe what living with constant pain is like. It completely takes over your life.

“I used to dread days out with my grandchildren because I



**Samantha North**

knew how much pain I would be in the next day.

“I also spent a ridiculous amount of money on seeing a chiropractor which only relieved pain for a few hours.”

Scoliosis causes the spine to excessively curve sideways. The condition affects more than four per cent of the population and if left untreated can lead to fatal heart and lung problems.

The condition was so bad that Mrs North was forced to give up full-time work and her beloved hobby of gardening.

Even so, she feared the effects of risky surgery. Spinal consultants told her it was essential for a normal life but it would mean a total lack of flexibility in her back, so she spent years searching for an alternative.

After finding out about the Scoliosis SOS clinic in London she was recently treated with a tailored exercise regime to strengthen her muscles, and she now feels like a new woman.

She said: “I have always been very stubborn and I knew right from when I was diagnosed that I did not want to have spinal fusion surgery.

“I could feel the pain getting better after just a few days of treatment and I knew at this point that I had made the right decision.

“My posture looks amazing which is an added bonus as just to be pain free was good enough for me.”

Samantha had also made significant improvements to her posture, physical appearance and lung capacity and is now looking forward to more pain-free days out with her family.