



Sarah's remarkable recovery!

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Nursery nurse avoids major spinal surgery and is back providing care for young children

Sarah's remarkable story of recovery

NURSERY nurse Sarah Asher from Portstewart, was an energetic woman, passionate about life.

However all this changed when she was 13 and started to experience crippling pain in her back and legs.

Desperately unsure of what to do she visited her GP with her mother where she was told some devastating news.

Sarah was told that the pain she was suffering from was due to an extremely severe spinal deformity known as scoliosis.

Having seen how the condition had affected other young people, Sarah was devastated that she had been given the same fate.

Given no alternative but to either sit back or wait for things to become worse, Sarah started to resign herself to the fact that this debilitating condition was going to affect her for the rest of her life.

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

Current treatment in this country is to wait until the curve becomes so severe, that the only option left is to operate.

The major operation is an incredibly risky procedure which involves metal rods being inserted either side of the spine, before the spine is fused solid.

After endless x-rays and appointments with the local consultant Sarah was told she had no other option but to sit back and wait for her condition to deteriorate. She was promised regular appointments to monitor her back but was not offered any treatment.

Prognosis Bitterly disappointed and dissatisfied with the final prognosis, Sarah was disgusted with the lack of treatment choices.

Sarah continued with everyday life until she reached the age of 21 when suddenly in a routine check-up she was hit with a bombshell - surgery was needed and fast.

Sarah was devastated, after being ignored by the National Health Service for eight years; she had very little trust in what they had to say and started to frantically search for an alternative treatment. It was at this point that they came across Scoliosis SOS.

Founded and run by Erika Maude, who has Scoliosis herself, the clinic opened five years ago and has since brought relief to hundreds of sufferers. It is the only clinic in the world to offer treatment

following the ScolioGold method, which is the combination of internationally renowned non-surgical treatments, which have been practiced separately in Europe for several decades.

A while ago a new branch of the clinic, Scoliosis SOS - London opened to make the treatment more accessible for people living all over the UK and Europe.

After having a free consultation with one of the clinic's Consultants Sarah immediately felt that this type of treatment was right for her. Sarah wanted to remain flexible and retain her mobility, so having an operation to fuse certain parts of her spine, was not an option she was even prepared to consider.

Working as a nursery nurse, being able to move freely and carry young children was essential. Once at the clinic Sarah's initial apprehension quickly evaporated and within four days of attending treatment Sarah was ecstatic to announce that her pain was diminishing.

Pain free

Sarah was delighted to be in a group surrounded by other people suffering from the same condition, "It really helped knowing that I was not alone."

Following on from this treatment, Sarah is now totally pain free!

She is now able to continue with her demanding job without the discomfort she was previously suffering from. She is also reversing the effects of gravity and has been able to avoid the surgeon's knife. Sarah has learnt how to hold her body and how to look after her back. The photographic difference is incredible.

Sarah now feels comfortable in clothes she would never have dreamed of wearing before and her confidence has improved dramatically. Sarah is now able to enjoy being involved with the development of young children with the peace of mind that she is not doing her back any damage!

She said, "Being able to reduce my pain has been fantastic. I was suffering on a daily basis sometimes to the point where I just could not leave the house. I have so much left to give to the children and I am just so grateful that the treatment has given me the opportunity to continue with my nursery nursing, as I do enjoy it so very much.

"I can really say that I have got a spring back in my step and I feel I am getting back to the bubbly young girl I used to be. I will be eternally grateful for the individual care and consideration Scoliosis SOS has shown."



Portstewart nursery nurse Sarah Asher now recovered from extremely severe spinal deformity known as scoliosis. CC13-81s