

Bending over backwards for a new spinal therapy

ELEANOR DAVIES talks to **Victoria Curtis** from **Leigh-on-Sea**, who spent **15 years** suffering from **Scoliosis**, until a new therapy changed her life...

IMAGINE waking everyday to your two small children and not being able to pick them up, having such severe aches and pains across your shoulders that it prevents you from working and living a normal life.

For Victoria Curtis from Leigh-on-sea that was her reality for 15 years, after at the age of just 11, she was diagnosed with Scoliosis.

The condition occurs when the back doesn't grow straight, and in Victoria's case, resulted in two significant curves to her spine.

At the time of Victoria's diagnosis her spine wasn't curved enough to warrant surgery, so her doctor advised that she leave her back alone.

"I remember feeling very frightened when I was told I had scoliosis," says Victoria. "For an 11-year-old it's quite a big word and I had no idea what it meant. The word operation gave me nightmares for months and I remember losing a lot of my confidence."

The condition affects more than 4% of the population and if left un-treated 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.

As Victoria got older, the pain grew worse and after two complicated pregnancies and experiencing pain whilst teaching her primary school class, she knew she needed to find a long term solution, but didn't want to resort to surgery, which is when she stumbled across Scoliosis SOS.

Founded and run by Erika

■ Victoria with her two children Grace and Jimmy.



Maude, who has Scoliosis herself, the clinic opened just under 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.

And a short while ago a new branch of the clinic, Scoliosis SOS – London, opened to make the treatment more accessible for people in the Greater

London area.

"When I found the SOS centre on the internet I was keen to find out more," Victoria tells *In2*. "The results were amazing. I

remember thinking that maybe they were too good to be true.

"The reason I went to the initial consultation was because I felt I had nothing to lose. I also felt like I didn't have too many other options."

Thirty-five-year-old Victoria

initially booked in for an intensive four week course of treatment, and has never looked back!

"I am so glad I went as this treatment has completely changed my life! Since coming for treatment I am relatively pain free something I am ecstatic about," smiles Victoria. "My posture has improved immensely and I can now teach for hours with no discomfort! This is the main thing I am grateful for as I am passionate about education and my students and if I had had my spine wrenched straight and titanium rods inserted I would never have been the same again.

"Being able to pursue my dreams and get on with being a good mum is something I will always be thankful for; I will never forget Scoliosis SOS."

Victoria has since noticed a fantastic improvement in her posture and physical appearance and her pain has dramatically decreased. She continues to do half an hour exercises each day (pictured below, left), which were designed especially for her by her therapist, so that she can avoid the dangerous spinal fusion surgery in the future.

Victoria's husband, Jim, adds: "Victoria is like a different person since she did the programme at the SOS centre. Her confidence has increased and she has so much more energy. She used to get

tired very easily due to her lack of lung capacity, now she is able to run around with our children and enjoy spending time with them as much as I do!"

For more information on Scoliosis SOS go to: www.scoliosisSOS.com.

