

Springback treatment helps ease back pain

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</news/health-news/2009/06/01/>) by

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A FORMER GP who introduced the Heimlich manoeuvre to UK first aid organisations in the late 1970s is campaigning for a Welsh woman's pioneering back treatment to be recognised by medical professionals.

Dr Nick Richards, who has been practising medicine for 44 years, has carried out a pilot study on the private treatment perfected by Bethan Humphreys Riley at the Springback Clinic in Shrewsbury.

Mrs Humphreys Riley opened her first clinic in Machynlleth, where she lives.

The study has shown how effective the Spring- back treatment is at treating persistent debilitating neck and back pain.

Dr Richards' research, involving 58 patients, aged 18 to 80, found that 97% said they had benefited greatly from the treatment.

He said: "When you have something new that works you want to get it out on the streets as soon as possible, but change takes time. I had the same experience in the late 1970s when it took me six years to get the Heimlich manoeuvre accepted by first-aid organisations throughout the UK.

"The current system of dealing with chronic back pain is shambolic and many patients end up with surgeons after years of physiotherapy and alternative treatments, some of which use forceful manipulation to the damaged area."

Mrs Humphreys Riley, who has treated around 5,000 patients, added: "The whole aim of the treatment is to restore spinal mobility and posture. There is no miracle cure, just logical treatment. The vast majority of back pain cases are caused by a mechanical problem that can be fixed. It is appalling that a simple mechanical problem is allowed to ruin so many lives.

"I have been trying for years to get the treatment recognised and validated, but the problem seems to be that it is stuck between alternative and orthodox medicine."

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Well done someone who cares about people who are suffering with chronic back pain. I know cardiff has great consultants but the provision in newport is diabolical.

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There are natural ways to get rid of Back Pain.

In my earlier years I got injured in my back after playing ball, and never actually recovered since it happened . And this alone had a great affect on my life and work for over 20 years. Not much could be done, I tried to live with the constant

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pain in my back. After my studies and readings on the Internet and hearing testimonials from many people using

Theraphy related to acupuncture for lower back pain I decided to try it out. my story:

<http://www.lifewavecure.com> (<http://www.lifewavecure.com>)

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