



SPOTLIGHT ON IDD THERAPY

Excerpts from an interview on Jan. 7, 2022
with Michael Furlong, Clinic Director
Balance Health Center, Liverpool England.

Note from North American Medical Corporation:

We saw this interview posted on a blog. We think it contains interesting information from the point of view of one of our IDD Therapy providers. We hope you do too.

IDD Therapy – “Intervertebral Differential Dynamics” is the fastest growing non-surgical spinal treatment with over 1000 clinics worldwide – 34 of them in the UK alone. I talk to Michael Furlong, an osteopath for over 20 years and Clinic Director at Balance Health Centre in Liverpool. Michael is passionate about spine care and so is the perfect person to answer my questions about IDD Therapy and back pain in general.

Hi Michael and welcome! 😊

Hello My name is Michael Furlong. I am 55 years old and have been a registered osteopath since 1999. I have two sons and the younger is also training as an osteopath, and two cockapoos: Bobby and Dexter.

Q: What are the common causes of back pain?

The most common causes of back pain I see regularly are predominately muscular skeletal lower lumbar sacro-iliac with related disc problems. This then causes symptoms throughout the body causing knock-on compensatory symptoms.

Q: Why is it important to get treatment as soon as possible for back pain, neck pain & sciatica?

It is important to seek help immediately once you are in pain. If you leave it too long, the problem becomes chronic. Chronic pain basically means the problem has been there for 6 months and longer.

That means you have been living with pain for a long time, this becomes harder to treat and takes more time to improve due to compensatory changes in the body.

There does seem to be an order for back pain. The patient will try medication, then their GP, who will refer to a physiotherapist, then the client will try acupuncture and / or sports massage. Then they end up at the last chance saloon, which is me. This pattern only changes once the person has attended my clinic.

Q: One of the treatments you offer is IDD Therapy – what is this treatment?

IDD is a non-invasive spinal disc treatment. Basically, it means non-surgical spinal decompression! In other words, it's a very specific scientific traction that works on a particular segment of the spine and not just general traction. This allows the discs to heal naturally in a controlled, safe way.

IDD has been a revelation for me personally. I discovered IDD after I had a disc problem causing complete numbness from my knee down into my whole foot. I attended the Buxton clinic where Phil sat with me, explained everything and recommended two sessions a week, with a minimum of 10.

Every session there was an improvement until I had feeling back. Amazingly, I had so much more movement in my spine that I actually started laughing in my yoga session at the increase.

Q: Who are the typical candidates that you would recommend for IDD Therapy?

Typically, a candidate for IDD needs an up-to-date MRI scan. This will show up people with trapped nerves, bulging discs and arthritic changes in the lumbar spine causing bony growths known as spurs which pinch the nerves. Age is not a factor. I have had 20-year-olds up to 90-year-olds. As long as it's safe to do so, you can treat anyone.

Q: Although you are based in England, is IDD therapy available to use throughout the UK and worldwide?

IDD is becoming a worldwide phenomenon. In the UK it is becoming widely available, with more clinics adding this amazing treatment to their new and established clinics.

Q: You have been an osteopath for over 20 years – have you always wanted to be an osteopath or did your career aspirations lie elsewhere?

When I was younger I was a youth player with a professional football club. I received an injury that effectively stopped me from playing. Quite simply, it was an injury that wasn't diagnosed properly. After 3 years of incredible pain I ended up at the door of an incredible osteopath, who not only diagnosed my problem but eventually relieved the suffering.

That was it! I wanted to be an osteopath. There was no internet or mobile phones to research courses but, after a few years, I eventually got accepted into Oxford Brookes. I have never looked back. I love my job and I am learning new things constantly.

Q: Apart from IDD, what other treatments do you recommend for back pain?

Apart from IDD I truly believe that any therapy that helps you personally has a place in treatment. Obviously, I am an osteopath but physiotherapists and chiropractors all do incredible work. Massage and acupuncture both work. I am a firm believer of prevention, so yoga, Pilates and tai chi are also high on my recommended to do list.

Links:

www.balancehealthcentre.co.uk

www.iddtherapy.co.uk

www.iddtherapy.com