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Rugby fan with curved spine will ruck again

BY DAN PALMER

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A CITY rugby fanatic with a twisted spine who feared that he may never have full flexibility again says he has found the treatment to get his life back on track.

Marcus Pond, aged 20, had been fit and active throughout his life until he began to notice his shoulder blades protruding through his skin on one side.

He was diagnosed with scoliosis – a condition which affects more than four percent of the population and causes the spine to excessively curve sideways. Marcus was told that he faced a 12 hour operation to fuse his backbone solid.

This would have seen metal rods inserted either side of his spine, shattering his dreams of continuing to play rugby. But he instead got in touch with the Scoliosis SOS clinic in London.

He started a programme of non-surgical treatments known as the ScolioGold method, which included a

series of muscle strengthening exercises, and he says that the experience has changed his life.

“When you are told that there is something medically wrong with you it is very difficult to not worry and feel very lonely,” said Marcus, who lives in Oldbrook and is now looking to join a local rugby club.

“I knew I didn’t want the surgery and was terrified of losing my flexibility at such a young age.

“I was also really scared that the pain would get worse and that I would be left with no option but to have my spine fused. I felt so vulnerable and started to suffer from insomnia.”

Marcus added that the course was simple and not difficult.

“There were even some very small children on the course. It’s great that it is so accessible and I would recommend this to anyone.

“Why would you have major risky surgery if you can just do a few simple exercises?”



Back on track: Rugby fan Marcus Pond says the non-surgical treatments will help him to once again play the game he loves