

Keen gardener Helen is really digging new therapy

By Anuji Varma

A green-fingered Birmingham granny is weeding her garden again – after overcoming a crippling back condition with a unique therapy.

Helen Deex, aged 75, of Moseley, would keel over after just 20 minutes of digging up her plants because she was suffering from scoliosis – a condition which causes the spine to curve sideways.

If left untreated it can lead to fatal heart and lung problems.

She was warned she would have to undergo invasive surgery. But a new technique carried out by London-based clinic Scoliosis SOS helped her back onto her feet and she is now back in her garden again.

Helen said: "The pain was horrendous, it was crippling me. I felt like I just needed to lie completely still because if I started moving I would be reduced to tears. I had never experienced anything like it, it was awful.

"I was terrified that my life was slipping away from me. I had always been so fit and healthy and I had probably taken my health for granted. It felt like the pain had appeared overnight, even though I knew that it had developed over a period of time."

She was told by her doctor she had two options – to live with the pain or undergo the surgery, which risked paralysis. But she was terrified of both.

She couldn't spend time in her beloved garden, was unable to walk for long periods of time and said she "felt as though she was a 90-year-old living in a 70-year-old's body".

However, after a quick internet search she discovered the London clinic and went on a four week course in which she was given special exercises to do.

Her pain reduced and confidence returned, and her appearance was transformed.

An X-ray of the spine of Helen Deex

"I am so pleased with the results I have achieved," she said. "I truly believed that I was going to need to have my spine fused. I couldn't cope with the idea of the pain getting any worse and I thought the only way of dealing with the problem was to go under the knife.

"I feel like I am back in control and I am getting used to being able to attend to my flowers without pain."



Birmingham gran gets lease of life after overcoming scoliosis; Helen Deex in her Moseley garden.