

Treatment helps teenager's crippling back condition

I was told I would never dance again

By Anuji Varma
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A BIRMINGHAM teenager who feared she would never dance again because of a crippling spinal condition is back on her feet after undergoing new treatment.

Nishtha Bhatt, 14, from Handsworth, took up ballet aged two and loved her hobby.

But two years ago medics said she may have to quit because she had scoliosis – a painful condition which causes the spine to curve sideways.

The heartbroken teenager was warned she would have to undergo invasive surgery on what she called “the worst day of my life”.

But a new technique carried out by London-based clinic ScoliosisSOS helped her back onto her feet and she is now dancing again.

“When I was diagnosed I was terrified,” Nishtha said.

“I knew there was something wrong because I was in constant pain. My back also looked strange and it was hard for me to keep my balance.

“When I was told I may not be able to dance again, I was horrified. I was so angry and worried about the future and I felt like my life was ruined.

“My dreams were shattered and everything I had hoped I would be had changed – almost overnight.

“I suffered from nightmares and I was often in tears. My confidence dropped within weeks. I hated looking at myself and I had stopped dancing due to the pain.”

But her mum Lou, aged 38, had heard of an alternative treatment called ScolioGold and Nishtha was booked onto a four-week course, with sessions costing £25 per hour.

The new exercises made a difference within a week, and if the youngster continues with them, she will keep the condition at bay.

Nishtha said: “My back was wonky and I wanted it to be straight again.

“I would have tried anything.

“The exercises were a little awkward but they were not painful, they were fun. I really was so excited when I saw the difference the exercises were making to my back. It was amazing. I could have screamed.

“I can finally get back to dancing and I am no longer scared about closing my eyes at night.”

■ For more information about the treatment log onto www.scoliosisSOS.com



Moving forward: Nishtha Bhatt has been treated for a spine condition.