

Back in action after years of spine hell

By HELEN ORRELL
helen.orrell@nqe.com

A TENNIS fan is back on the court after non-surgical treatment helped her overcome a devastating spinal condition.

Marina Callis, 24, of Circus Square, Colchester, was diagnosed with scoliosis – curvature of the spine – at the age of 12.

It progressed to the point doctors said she would need a nine-hour operation to fit metal rods down her back.

Marina was keen to avoid surgery, but, by the time she reached her twenties, she was struggling to do any exercise at all.

She was forced to give up playing tennis and only rarely managed to get to the gym.

Work was also a struggle and Marina was spending a fortune on a chiropractor and osteopath.

But all that has changed thanks to a month at a clinic run by Scol-

Marina can play tennis again after beating ‘soul destroying’ scoliosis

iosis SoS, in Suffolk. Marina is now pain-free, able to work and playing tennis again.

The treatment involves a four-week exercise programme to strengthen muscles alongside the spine, combined with breathing exercises.

She said: “Having any sort of disability is hard. When it seriously affects your life and prevents you from playing a sport you are passionate about, it really is soul destroying.

“ **There was a point that I really did believe I would be in pain forever**

“My scoliosis caused me to suffer excruciating pain on a daily basis and often meant I struggled to get out of bed in the morning.

“I loved running around on the tennis court and, although I would push myself to play, I would often suffer for it for a few days afterwards.

“There was a point that I really did believe I would be in pain forever. I now have the skills to control my own condition and that, for me, is priceless.

“I feel I can get back to living life to the full and being a normal 24-year-old, rather than behaving like someone in their sixties.”

Scoliosis affects more than four per cent of the population and, if left untreated, can lead to fatal heart and lung problems.



■ Tennis time – Marina Callis