

Brave Milly 'back' to fitness after therapy

By Sophie Bignall

A Shropshire teenager is now fighting fit and full of life after avoiding nine hours of traumatic surgery to correct an excruciating back condition.

Experts told 14-year-old Milly Wiggin, from Ludlow, that she would need major surgery after she was diagnosed with spinal problems. But she managed to avoid surgery after undergoing intensive non-surgical treatments for a month in London.

They seem to have got rid of the problem.

Milly had loved taking part in sport before the problem was uncovered when she started to experience agonising pain in her spine.

She discovered the pain was due to scoliosis, a severe back condition which causes the spine to excessively curve sideways.

Experts say the condition affects more than four per cent of people and if left untreated can lead to fatal heart and lung problems.

Milly had resigned herself to the condition affecting her for the rest of her life and treatment involves waiting until the curve becomes so severe that the only option available is surgery.

After endless x-rays and appointments with a consultant Milly was told her only option was to undergo major spinal fusion



Milly Wiggin, 14

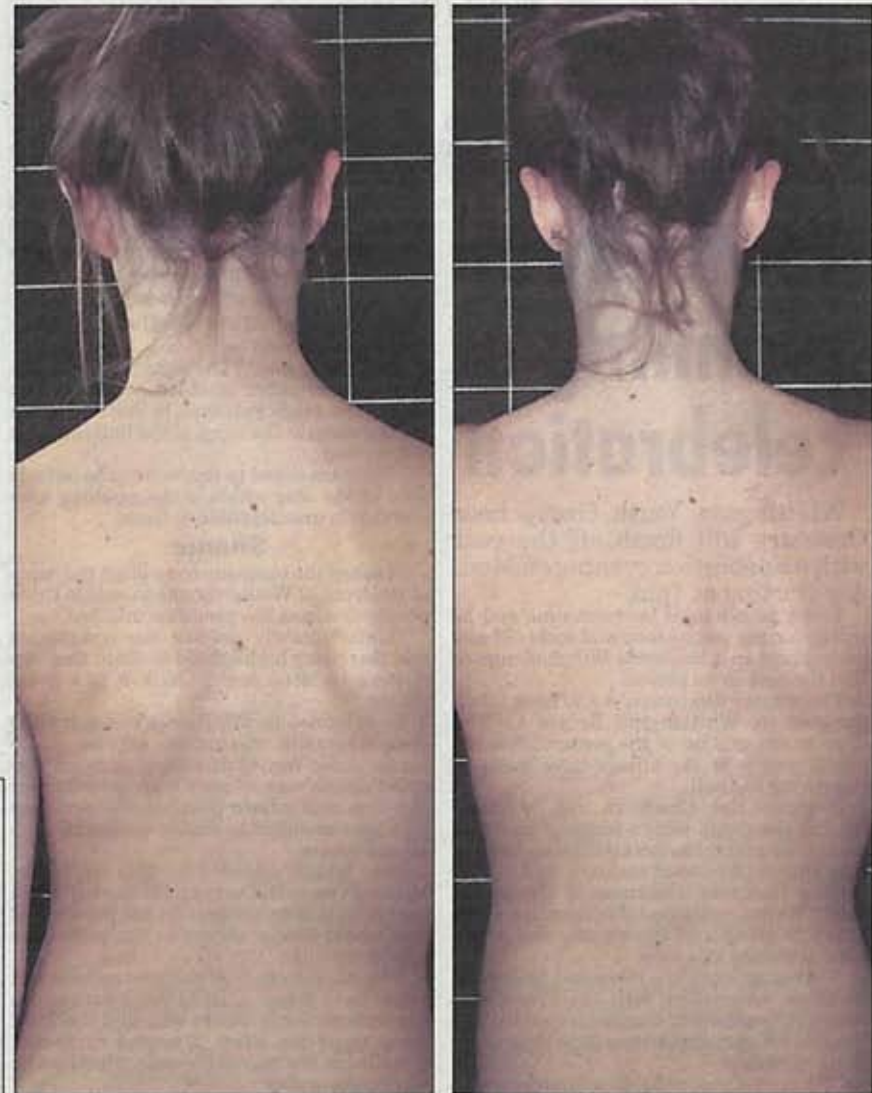
surgery which would put an end to her love of various sports.

In a desperate attempt to find an alternative, Milly's parents started to search the internet for another solution and found the Scoliosis SOS clinic in London.

The clinic offers a combination of non-surgical treatments and the teenager was booked in for an intensive four-week course.

She said: "My therapist was so enthusiastic and caring. It also helped meeting other people suffering from scoliosis, as I felt for the first time that I wasn't alone."

Now Milly says she has noticed a major improvement in her posture and physical appearance. She added: "Since coming for treatment I am relatively pain free something I am ecstatic about. My posture has improved immensely and I can now play hockey for hours with no discomfort."



Milly's shoulder blades before her treatment, left, were clearly asymmetrical but are now much more aligned

Sporty teen who didn't want spine op

SHROPSHIRE STAR THUR

hails course of treatments