

# Katie's back pain sails away with treatment

**BY MARTIN FORD**  
REPORTER

news@theadvertisergroup.co.uk

A TEENAGER from Stevenage who was left in crippling pain by a spinal condition has returned to her beloved sailing.

Katie Brixton, 14, of Chancellors Road, had always been very fit and active and was passionate about swimming and sailing – until she started to experience severe pain around her shoulder blades and struggled to sail for more than 20 minutes at a time.

She was diagnosed with scoliosis, a severe curve in her spine, which affects more than four per cent of the population.

Hope was offered by a major operation which involves metal rods being inserted either side of the spine, before being fused solid.

However, Katie's mum Sam, dad Tom, and older brother Robert watched for months as Katie was in an intensive care unit. The months of being bedridden weakened her muscles, while she still suffered excruciating pain



**BACK TO LIFE:** Katie Brixton's scoliosis was relieved at London clinic

Unsure where to turn, the family found through research that certain exercises can prevent back pain by evening out the muscles and getting them to work with each other instead of against each

other.

Katie attended the Scoliosis SOS clinic in London and within two weeks of treatment, her pain had practically vanished. Her back looked dramatically different and

she felt like she was making full use of her lungs again.

Katie also met other sufferers, who understood exactly how she felt about her newly diagnosed condition and could offer advice on how to cope with having scoliosis.

Katie said: "I am so pleased with the results I have achieved. I truly believed that I was going to need to have more surgery, something I never ever want to have to face again.

"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 once again.

"The whole experience was so traumatic first time round that I definitely was not keen to repeat it.

"Happy, ecstatic, overwhelmed are all just words but I cannot explain how glad I am to have found the clinic. They have given me a second chance at life.

"I feel like I am back in control and I am getting used to being able to sail again without pain. It really is amazing the work that takes place in those treatment rooms."

**STEVENAGE**  
**Advertiser**