

# TWISTED SPINE MUM WALKING TALL AGAIN



S-shape: An X-ray of Lavinia's spine.

Hobby: Lavinia Ashdown is back in the garden after pioneering treatment.



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## MEET the mum with the S-shaped spine.

Lavinia Ashdown feared she would be crippled by scoliosis, which caused this amazing bend in an X-ray image of her body.

Hardly able to walk and fearing she would never stand up straight again, doctors also warned it could cause her heart and lungs to fail.

The 44-year-old's ordeal ended only thanks to a pioneering treatment.

"The past few years were extremely scary," said Sutton Coldfield housewife Lavinia, who has a daughter Kate.

"Being pain free has given me a new lease of life as the thought of ending up in a wheelchair was terrifying."



Exercise: Lavinia and daughter Kate.

Lavinia was 26 when years of agonising back pain was diagnosed as scoliosis.

The illness causes the spine to excessively curve sideways and affects just four per cent of people.

As Lavinia's hips started to dip to the

side in her 40s, she feared that risky, aggressive nine-hour surgery to fuse her twisted vertebrae and insert metal rods into her spine would be the only option.

But she said she was now pain-free for the first time in her life after treatment at a London clinic.

She credited intensive exercise and therapy sessions for dramatically improving her posture and spine.

"It's great to be back in control and to know that the clinic is always there to provide support," she said.

"I feel so much better about my body and I have gained so much confidence.

"I love spending time outside, and have missed out on a lot of the nice weather over the past few years due to the pain I was experiencing.

Keen gardener Lavinia said she used to collapse after ten minutes of planting bulbs and seeds but could now enjoy her hobby once more.