

# How tennis player beat painful spine condition

**Health:** Fear of surgery sees her finding non-invasive treatment

BY CHERYL LIVINGSTONE

A promising Inverness tennis player who was told she might never play again because of a serious back condition, is now back on top form after receiving life-changing therapy.

Louise Alexander, 20, of Victoria Terrace, was training rigorously for a local tennis tournament when she first experienced the symptoms of the spinal condition scoliosis, which

she had been diagnosed as having the year before.

She said the pain was immense but the worse aspect was that she didn't know why the sudden outburst had occurred.

After being examined by her local GP, she was told her condition had worsened and she was faced with having spinal fusion surgery, which can be dangerous.

But her doctor warned her that if she didn't have this surgery, her mobility could be in jeopardy.

Miss Alexander, who has been playing tennis since her early teens, said: "I was shocked by the suggested treatment for scoliosis. I remember thinking that surely there must be a better option of treatment for such a serious condition. There was no way that I was willing to even consider having surgery, as I was aware of the complications of such a procedure."

Miss Alexander began researching other methods of treatment and came across the Scoliosis SOS website, which uses non-invasive methods of treatment, and enrolled in a four-week course.

By the end of the first week, her posture had improved and the pain had decreased.

She said: "I was amazed by what I had achieved in a relatively short time. To see the improvements that I had made from before and



**BACK ON FORM:** Louise Alexander, 20, now has her scoliosis under control

## Scoliosis: the facts

Scoliosis is a curvature of the spine to one side.

The amount of curvature can vary from slight to severe and the curve can be in the shape of a C or S.

It affects more than 4% of the population and if left untreated can lead to fatal heart and lung problems.

The condition involves both adults and children, however the condition progresses more rapidly during the teenage years.

Spinal surgery is an extreme process and it puts the patient in a very dangerous position. The operation includes inserting two metal rods into the back, on either side of the spine, before the spine is fused together.

after the course was unbelievable. I am no longer dreading the possibility of surgery and I can concentrate on my tennis again.

Knowing I can actually play in the next tournament is a fantastic concept.

"Tennis is my life. Being told that I may never play

again was such a horrible thing to hear, but thanks to the treatment I have received, that will certainly not be happening now."