

Siblings suffer from crippling spinal pain

Sisters' relief as treatment eases condition

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SISTERS Nadia and Zaria Chowdhury have a stronger bond than most – with both of them suffering from the crippling spinal condition scoliosis.

The siblings from Old Market were first diagnosed with the condition, which causes curvature of the spine, a year ago.

Nadia, 26, was doing a pharmacology course at university when she noticed that studying was becoming progressively more painful for her, affecting her ability to sit while revising.

Her sister Zaria, 18, also started suffering with the spinal condition when she was about to start applying for university, making it difficult for her to walk, causing aching and affecting her general health.

Treatments on the NHS usually involve taking medication to relieve the associated pain, wearing braces or undergoing spinal surgery if the angle of the spine could impact on the heart and lungs.

Nadia said: "It was really bad and we would be in a lot of pain.

"We could not go to the chiropractor to relieve pain every day because it would be expensive."

But now they have seen a marked improvement in their condition after trying out therapies at a London clinic, which specialises in scoliosis.

Their posture has improved and they can both walk better. Nadia is also now taller.

Because there was not a ready solution to the discomfort they were suffering as a result of their scoliosis, and they were not keen on resorting to surgery, the sisters decided to consider a range of alternative therapies. They tried chiropractors, physiotherapy and osteopathy in an attempt to relieve the problem, but found that none of them provided a long-term solution for their suffering.

The sisters were concerned that the progressive disorder would only get

worse and they needed a way of dealing with the symptoms and wanted to find an alternative to surgery.

Scoliosis SOS offers a combination of different treatments which it claims tackles the muscle imbalance in people with the condition to improve their posture.

It is based on physiotherapy and people who attend the course are also taught exercises and techniques to use at home to control their condition.

The sisters visited in August and

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Nadia Chowdhury

say they have seen a tremendous improvement since.

Nadia said: "The exercises helped us a lot. The angle of my sister's spine has gone down and so has her hip, which went down a lot.

"We also found that our posture was much better on new X-rays as well as the height of our shoulders.

"We have found that even if the angle hasn't shown much difference, doing the exercises improves the pain we suffer.

"It means I am back to normal again.

"We wanted to try everything we could before we considered surgery because it is quite major and we didn't want to go through the risk of an operation.

"Now we do the exercises and it helps. And also the breathing techniques.

"It has been really, really helpful." Zaria said: "When I do the exercises I can see the difference.

"My back looks better now and my feet and legs and I can walk more."



● Zaria and Nadia Chowdhury
Photo: Artur Lesniak
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