

Rebecca back on court as exercise regime lifts pain

A HEREFORD teenage tennis fanatic is back on track with her sport after a brush with spinal surgery.

Rebecca Larett, 15, was diagnosed at the age of 13 with a severe curve in her spine and she was told that she needed an operation to save her mobility.

Left devastated and with very few options, the Larett family had almost agreed to the surgery when they discovered an exercise routine which drastically changed Rebecca's prognosis.

Rebecca loved being outside and when she was about 10-years-old, she started playing tennis. At first it was a bit of fun, but her talent was soon picked up.

However, it came to a standstill when Rebecca's mother noticed her shoulder was protruding through her skin on one side.

Specialists

This led to endless X-rays, appointments with specialists and eventually Rebecca was diagnosed with scoliosis.

Her family were told that her curve was severe and that she needed to be put on the waiting list for surgery immediately. Rebecca was also told that she should stop playing tennis and any other sports that were particularly one-sided.

Scoliosis causes the spine to excessively curve sideways. The condition affects about four per cent of the population and, if left untreated, can lead to fatal heart and lung problems.

by Karen Evans

Current treatment in this country is to wait until the curve becomes so severe that the only option left is to operate. The operation is an incredibly risky procedure which involves metal rods being inserted either side of the spine, before the spine is fused solid.

Rebecca's mother Kathryn did not want her daughter to have the surgery as she knew the risks involved, but she also knew that if Rebecca did not have the operation she could end up unable to move properly.

So she started looking into alternative treatments and discovered Scoliosis SOS.

Founded and run by Erika Maude, who has scoliosis herself, the clinic opened seven and a half years ago and has since brought relief to hundreds of sufferers.

Located in London, it is the only clinic in the world to offer treatment following the ScolioGold method, which is the combination of non-surgical treatments which have been practiced in Europe for decades.



Rebecca is back on the tennis court again, thanks to the treatment she received at a London clinic.

Rebecca and her parents decided they had nothing to lose. After an initial consultation, Rebecca was booked in for a four-week course.

She found the treatment gave her almost instant relief from the aching she felt across the top of her back on a daily basis. She also noticed a dramatic change in her appearance.

There has been reduced pain, improvements in her

breathing and a more symmetrical appearance.

Within weeks of completing the treatment Rebecca's condition has dramatically improved. Her confidence has soared and she is overwhelmed by the results she has achieved.

She has also been given the all clear to return to playing tennis, as long as she continues with her exercises.

Rebecca said: "When I

was told that I had scoliosis, I didn't really understand to start with. No-one ever sat me down and explained what was going on until I got to the SOS clinic.

"The staff at the clinic were amazing, they made me feel normal again. They also encouraged me to carry on living a normal life when all the specialists at the hospital were telling me that I needed to be careful and not

put too much pressure on my body by doing too much sport.

"The exercises weren't hard, you just had to think about what you were doing. I am the sort of person to put 100 per cent into everything I do and I believe that's why I got such good results.

"I cannot wait to get back to playing tennis. I am also so excited about life again. It really is amazing!"