



Ronan Hogan (above and below) is back on his feet after successful scoliosis treatment.

Young kart racer gets new lease of life

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A YOUNG Kilskyre teenager who had been facing major spinal fusion surgery for a curve in his spine is now back on his feet, having discovered an exercise routine that has drastically improved his condition.

Ronan Hogan (15) loved go-karting and anything that involved an adrenaline rush until he was told that the curve in his back, that he had always thought was just a normal part of his body, was actually a severe spinal twist which could be causing serious internal problems.

Ronan was left devastated when he was diagnosed with kypho-scoliosis and was facing the prospect of having his spine fused solid from top to bottom until he discovered an exercise routine which has drastically



changed his prognosis.

Kypho-scoliosis causes the spine to excessively curve both forwards and sideways. The condition affects more than four per cent of the population and, if left untreated, can lead to fatal heart and lung problems.

Current treatment in this country is to wait until the curve becomes so severe that the only option left is to operate. The major operation is a very risky procedure which

involves metal rods being inserted either side of the spine, before the spine is fused solid.

After the initial diagnosis, Ronan and his family were left devastated. Ronan was told that he should stop doing anything too strenuous and that he should be very careful about placing pressure on his spine.

For months, he was on a HSE waiting list to see a specialist about the pain he was in and the unsightly posture he had developed. He became short-tempered and lost interest in socialising and became very self-conscious about how his back looked. The result was he rarely left the house.

Ronan decided to start looking into alternative treatments and it was around this time that he discovered Scoliosis SOS in the UK (www.scoliosisSOS.com). Founded and run by Erika Maude, who has scoliosis

herself, the clinic opened just over six years ago and has since brought relief to hundreds of sufferers.

Located in central London, it is the only clinic in the world to offer treatment following the ScolioGold method, which is a combination of internationally renowned non-surgical treatments, which have been practised separately in Europe for several decades.

After finding the clinic, Ronan was amazed at the results he had seen on the website and a consultation gave him all of the information he felt he had been missing. He was also very excited to be told that as long as he kept up with his exercises, there was no reason why he should not continue go-karting. Within weeks of enrolling on a four-week treatment course, Ronan could feel the difference as his pain had

started to decrease.

Ronan continued to notice improvements over the course, including reduced pain, improvements in his breathing capacity and a more symmetrical appearance. However, the main thing Ronan was anxious about was his fitness and quality of life - he was very concerned about getting back on the racetrack.

Within weeks of completing the treatment, Ronan knew that he had his condition under control. He had been able to sit racing for hours without getting out of breath or suffering from back pain for the first time in years.

Ronan said: "I just feel so relieved; there are not any words to describe how grateful I am to the SOS team. They worked so hard at getting my back sorted, I don't think I was a very easy case but they have made such a difference to my life."