

# GOODBYE TO THE PAIN

By Maria Croce

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**B**ACK pain costs the British economy £5 billion annually, with around five million working days lost every year.

Almost half the adult population have had lower back pain lasting for at least 24 hours at some time during the year.

And it is estimated four out of every five adults will experience back pain at some stage in their lives. Although in most cases it is not serious and most can recover spontaneously, so many are affected by the problem it is causing a burden to society as well as individuals.

BackCare Awareness Week runs from October 8-12 and this year the campaign is pushing the message that an active lifestyle can help prevent back pain and also help manage problems by raising endorphin levels in the body that are natural pain killers.

Sarah Key, the physiotherapist to the Prince of Wales says: "Remember, don't be afraid to move. Free-flowing body movement introduces valuable pressure changes through the spine, which aids disc nutrition, helps stimulate the metabolic activity of discs, and thus their maintenance and repair."

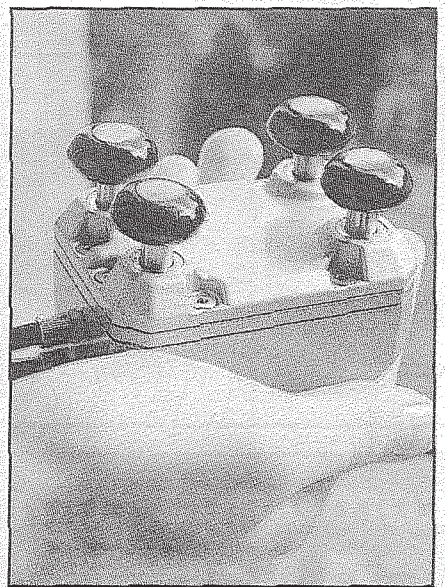
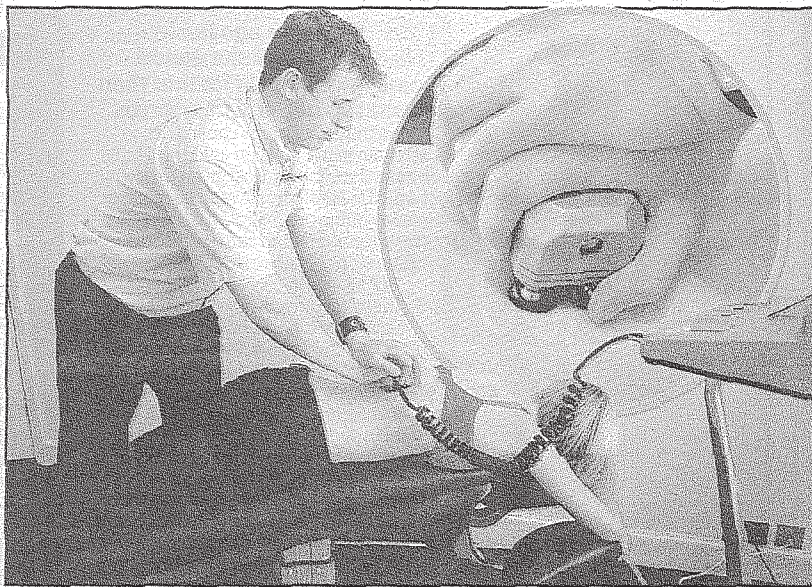
Help is also on hand in the form of a revolutionary back care treatment, TAMARS (Technology Assisted Micro-Mobilisation and Reflex Stimulation).

This is available at Edinburgh-based 21st Century Back Care – Scotland's only clinic dedicated to the use of TAMARS for chronic and acute back and neck pain. Gentle, passive and progressive, it targets the underlying cause of the problem, not symptoms. As it is non-invasive, TAMARS is safe to use on people of virtually any age, with recent patients treated ranging from eight to 95 years old.

The hand-held, computer-controlled TAMARS device acts like a "bionic hand" and administers a safe, drug-free and non-surgical full spinal treatment.

By straightening the spine, TAMARS is performing a process that had previously been deemed medically impossible.

A one-hour TAMARS session costs £65 and half-hourly sessions are available for £40. © 21st Century Back Care, 9 Mansfield Place, Edinburgh EH3 6NB, tel: 0131 557 4404 or go to [www.tamars.co.uk](http://www.tamars.co.uk) and [www.backcare.org.uk](http://www.backcare.org.uk)



**EASY DOES IT:** The TAMARS equipment at 21st Century Back Care, above, is computer-controlled and non-invasive

## ALMOST HALF OF US SUFFER FROM IT, BUT NOW WE CAN BEAT BACK PAIN THANKS TO AN INNOVATIVE THERAPY CALLED TAMARS

### CLAIRE BELL



**FOR** the past seven years customer services manager Claire Bell has suffered

**a severe and constant pain in her neck, shoulder, elbow and wrist following a car crash.**

The 38-year-old from Edinburgh was waiting in a queue of traffic at lights when a lorry ploughed into the back of her car.

"My car was written off and my neck was badly injured," Claire explained.

She had to wear a neck collar for three months and took a variety of pain killers.

Claire also tried many different treatments for pain, including acupuncture and massage, but all to no avail, as every day she would wake up in agony.

Then by chance, as she walked passed some stalls at an event in Edinburgh, she picked up some leaflets advertising the 21st Century Back Care facility.

"At first I was a bit sceptical about the TAMARS system, but I read up on it and then thought

I'd give it a go," she explained. "I wondered whether it would be able to make a difference because I'd lived with these problems for seven years.

"But I was also worried it might make my condition worse. Sometimes when I had physio it would aggravate my condition.

"But the difference from the TAMARS has really been remarkable. I felt the benefits from the first session and it's improved each time.

"It really has made a massive improvement.

"Before I had lots of pockets of pain in my neck, shoulder, arm and right down to my fingers.

"I'd never had a pain-free day in seven years.

"Of course, it got me down, but I knew I just had to get on with it."

However, now after having undergone five sessions, Claire's condition has improved dramatically, meaning that the problems are now mainly confined to her neck.

"I now have much more movement and the pain is much less," Claire says.

"The other morning it felt as though there was something missing – then I realised it was because I wasn't in pain the moment I woke up

"I'd had the pain for so long I couldn't believe something would finally help me."

### ANDREW MACKENZIE

**RUGBY** player Andrew Mackenzie struggled to recover after injuring his back in a scrum.

The 29-year-old surveyor from Edinburgh played as a front row for Heriots for 11 years, but injured his back four years ago.

"It was during a training session and I was in too many scrums," he explained.

"My back went and I damaged ligaments. It wasn't too serious, luckily, but the pain was ongoing.

"And it led to problems with my neck, too: stiffness and dizziness. My general well-being was affected."

Andrew continued to play

rugby, trying to ignore the pain, but, despite physiotherapy and acupuncture, the problems continued and he eventually gave up playing the sport.

Then last year he tried the TAMARS treatment at 21st Century Back Care.

"After a couple of sessions I noticed a difference, it really helped the pain," he said. "I had about five sessions in total and got back to about as good as my back can be. It was such a relief.

The injury had given me a fright so I've given up rugby and I'm keeping fit in other ways, like running.

"But I felt the TAMARS system really worked – it was a different take on the back treatment to what I'd tried before and really helped."

**ANDREW:** Rugby injury

