

# Happy end to spinal misery

## Scoliosis treatment has changed sufferer's life

By Anna Faro  
anna.faro@nqe.com

A WOMAN who suffered from curvature of the spine her whole life is now pain free after having non-surgical treatment for her condition.

When Glenise Smith, 63, was diagnosed with Scoliosis aged 17, doctors told her nine-hour surgery was her only chance of a pain-free life.

The Witham housewife, who does not have any children, declined surgery when she was younger because the curve did not cause her pain.

She did not know anyone else with Scoliosis and kept the condition to herself.

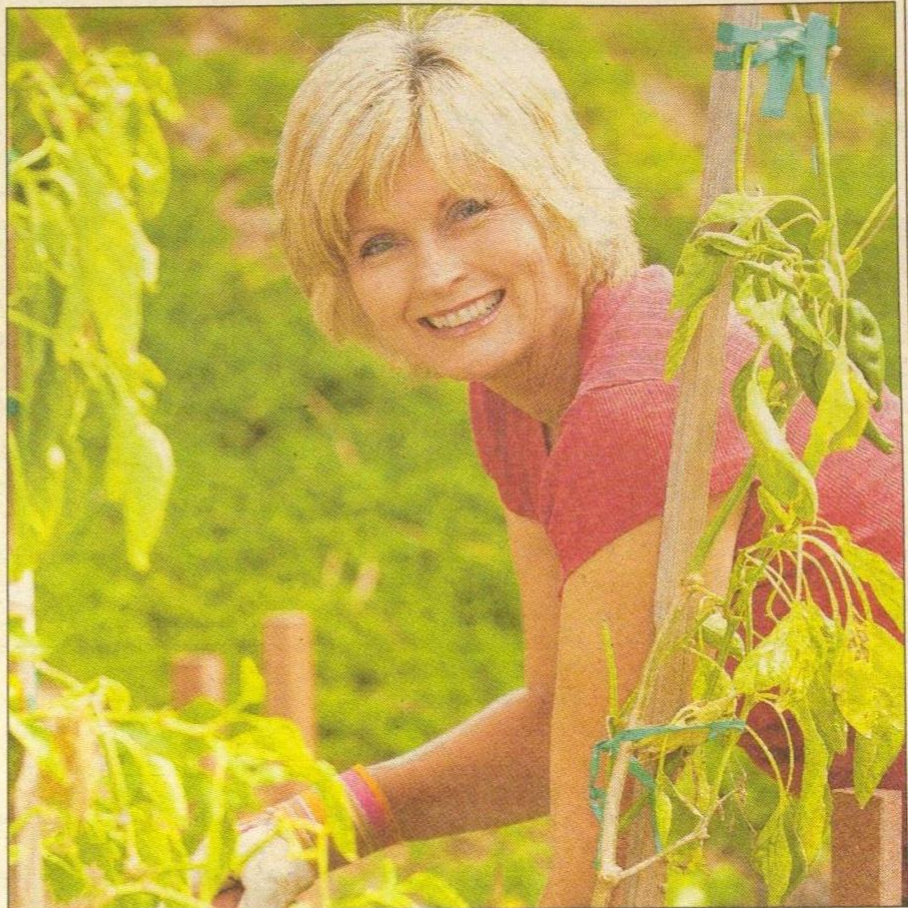
However, in her 50s Mrs Smith started experiencing such excruciating pain she needed to lie down for most of the day.

At this time she began to consider having metal rods fitted against her spine.

She said: "When I was younger I really took my flexibility for granted. The reason I decided against surgery and to stop having X-rays was because I wasn't in any discomfort. As I got older the pain got worse and worse. It got so bad that I could barely stand up. It got to the point where I would have done anything just to make it stop."

Mrs Smith discovered Scoliosis SOS when she was reading a magazine, and sought treatment with the clinic last October.

The company's clinics in Suffolk and London are the only ones



**PAIN FREE:** Glenise Smith is now able to get back out in the garden after treatment.

Submitted picture

in the world to offer treatment using the ScolioGold method, a combination of non-surgical exercises which have been practiced separately in Europe for decades.

Having the treatment, Mrs Smith was surrounded by other women suffering from Scoliosis for the first time, whom she could relate to.

After treatment, she noticed a "fantastic" improvement in her posture and is now pain free for the first time in years.

She still does half an hour of exercises each day to keep pain at bay and avoid surgery in the future.

She said: "Being pain free has given me a new lease of life. I feel so much better about my body and have gained so much confidence.

"I cannot wait to get back in the garden this summer. I love spending time outside, but I have missed out on a lot of the nice weather over the past few years due to the pain I was in."