

Rugby-loving Joshua on road to recovery



16-year-old Joshua Creed

A teenage rugby player from the Black Country struck with a potentially fatal spinal condition is on the road to recovery thanks to a new therapy.

Former Windsor High School pupil Joshua Creed suffered "excruciating pain" every day and even struggled to get out of bed each morning.

He was diagnosed aged 12 with a condition called scoliosis affecting just four per cent of the population. The condition causes a severe curving of the spine and, if left untreated, can lead to fatal heart and lung problems.

But now the 16-year-old is fighting back after using an exercise based treatment instead of a painful, invasive nine-hour operation.

"Having any sort of disability is hard but when it seriously affects your life and prevents you from playing a sport you are passionate about it

Report by Andrew Turton

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really is soul destroying," said Joshua, who lives in Hartside Close. "I loved running around the fields playing rugby and although I would push myself to play I would often suffer for it for a few days afterwards."

Joshua was initially told that his spine was rapidly curving to the right.

The nine-hour operation is a procedure involving metal rods being inserted either side of the spine before the spine is fused solid.

The teenager, who lives with his parents Charlotte and Mark, aged 40 and 42 respectively, began searching for alternative treatments through the internet when doctors said he would be unable to continue with rugby and other con-

tact sports if he had had the operation. They heard about a non-surgical method called ScolioGold run by Erika Maude at her clinic called Scoliosis SOS based in London and Suffolk.

Joshua spent four weeks receiving exercise-based care from the clinic.

It involves a combination of physiotherapy, breathing techniques and trigger point therapy to alleviate pain.

Joshua says he has made significant improvements. "There was a point that I really did believe that I would be in pain forever," he said.

"I now have the skills to control my own condition and that, for me, is priceless. I feel like I can get back to living life to the full, like any other normal teenager. I am looking forward to building up my fitness again and being able to play rugby again."

