

# Maisie's relief at avoiding back surgery

68-year-old is delighted she can still attend to her garden

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A KEEN gardener diagnosed with a crippling back condition was relieved to find a non-surgical solution, which allowed her to return to her hobby.

Maisie Willow was about to turn 50 when she was diagnosed with scoliosis, a progressive condition, which meant her spine was rapidly curving to the right.

As her condition worsened, Mrs Willow, a former nurse and mother of one, was left in terrible pain.

She was told a nine-hour oper-

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ation to fit metal rods down her back and fuse her spine together might be the only option.

However, she then came across a clinic in Ipswich called Scoliosis SOS. There, Mrs Willow underwent an intensive four-week course of treatment and therapy, which helped treat

her physical symptoms and improved her self-confidence.

As the treatment took effect, her posture and appearance improved. Mrs Willow now manages her condition with 30 minutes of special exercises each day. She hopes to avoid any future surgery.

Mrs Willow, now 68, 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 love spending time outside. I have missed out on a lot of the nice weather over the past few years due to pain I experienced.”

Mrs Willow, who lives with husband Roger in Mornington Avenue, Rochford, feels her time

at the clinic helped her physically, and also in coming to terms with her condition, as she was surrounded by other people who also suffered from scoliosis.

She said: “The last few years were extremely scary. Being in so much pain and thinking you will end up in a wheelchair is terrifying.

“It’s great to be back in control and to know the clinic is always there to provide support. Scoliosis SOS not only helped with the physical aspect of my condition, but it helped me to accept me for who I am.”

For more information on scoliosis and the Scoliosis SOS clinic, visit [www.scoliosisSOS.com](http://www.scoliosisSOS.com) or call 01394 389670.



■ Enjoying her garden – Maisie Willow