

New treatment fixes principal's bent spine

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After years of living in pain Pauline's scoliosis finally became too much to bear in her fifties and she had to take regular days off work at the college.

"I knew that if I didn't do something I would have to give up work," she said.

Pauline researched alternative treatments and came across Scoliosis SOS.

Founded and run by scoliosis sufferer Erika Maude five years ago, the clinic uses physiotherapy to treat the condition.

Pauline underwent a four week course and does daily exercises allowing her to live and work pain free.

"My only wish is that I had found this clinic years ago," she said.

For details of Pauline's treatment got to www.scoliosisSOS.com

Scoliosis factfile

- In the UK scoliosis affects around three children per 1,000
- It is more common in girls than boys
- The bend can occur at any point along the spine
- In 80 per cent of cases the cause is unknown



THIS X-ray may look like the patient has been in a serious accident.

But Pauline Odulinski lived with this bend in her spine for 50 years due to a condition known as scoliosis.

The 59-year-old suffered five decades of excruciating pain from the dangerous spinal condition, but is now pain free thanks to a pioneering treatment.

"I don't think I have ever felt so good," said Pauline.

"This treatment has given me my life back, it's incredible. My posture has improved and my pain has disappeared."

Pauline, who is principal of Aylesbury College, was diagnosed with scoliosis at age 11.

The condition, which affects around five per cent of the population, causes the spine to excessively curve sideways and can lead to fatal heart and lung problems.

It is treated in the UK by inserting metal rods on either side of the spine and fusing it solid.

Pauline said: "I remember being told that spinal fusion surgery was my only option.

"I can remember feeling really vulnerable and frightened."

But her parents decided against surgery and instead encouraged her to stay fit and exercise regularly.



Suffering: Pauline Odulinski endured severe back pain for 50 years