

BCST and slipped disc

In late November last year, I was having pretty bad backache and sciatica issues (pain radiating down my sciatic nerve). I suspected that my slipped disc was acting up again. Back in 2007, I had a major episode of backpain and nerve issues and I was having difficulty walking, because of the pain and strain in my right leg. It was then diagnosed as a case of severe slipped disc and nerve impingement and a surgical procedure was done to remove the part of the disc tissues that were impinging on the nerve. I had to rest from work for 3 months to recover from that.

I realized that the same symptoms I had then were back.

In January this year (2011), when I went back to school (I am a school teacher) after the school holidays, the condition worsened. At the end of a teaching day, my both legs would feel very heavy and achy and I had to lie down in bed to prop them up once I reach home, just to rest them. I was seriously worried and wondering if surgery No 2 is necessary. I am consistently experiencing numbness and sciatica in BOTH legs. The right leg is in perpetual 10-15% numbness.

That was when I approached Adida to treat my condition. She suggested that I have daily treatments with her as far as possible. Within 2 weeks of intervention on an almost daily basis, the numbness disappears. Even the sciatica that I was experiencing was not there anymore. I realized too that I am more agile in movement and the body feels more connected as a whole. There had been a great reduction in the symptoms I was experiencing before. It was a huge relief for me.

During some of the sessions, certain issues in my neck surfaced as well. I decided to have an MRI done on my neck as well. From the MRI, I learnt that 2 discs in the cervical column have started to degenerate as well, and a spinal cord cyst was discovered. This information is certainly valuable as it makes me aware of the potential issues I am up for so that I can start early intervention.

By the way, my orthopedic that sees me in the restructured hospital was not able to do anything for me about my cervical disc issues and the cysts, except to read me my diagnostic from the MRI and to tell me to go back to him if things *worsened*. Meanwhile, I'll have to look for means and ways to make it better; one of which is to continue the BCST treatment.

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