CPD EVENT RECORD

SPINAL DECOMPRESSION - IDD THERAPY

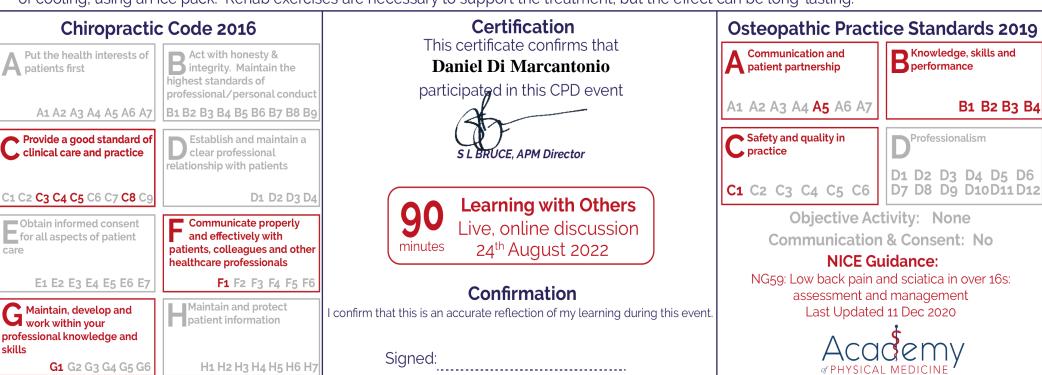
with Rob Shanks

Live Event: Learning With Others

Summary

This discussion and demonstration considered the effect of targeted traction using the IDD (Intervertebral Differential Dynamics) machine. The system allows the ability to vary the angle of traction, thus targeting a specific spinal segment, and also permits gentle oscillation during the process. NICE guidelines state that traction should not be offered to patients with low back pain), but that guidance is based on generalised traction. The evidence was discussed, including reference to cadaveric studies which supported the effect of targeting individual segments. Imagery is necessary prior to commencing treatment in order to identify the segment causing symptoms, and to rule out contraindications such as pars fractures. Imagery has to be correlated with clinical findings. IDD therapy can also be used for neck pain.

Typically, treatment commences takes about 26 minutes, but is preceded by 10 minutes' warming of the spine and is followed by a similar period of cooling, using an ice pack. Rehab exercises are necessary to support the treatment, but the effect can be long-lasting.



Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)

This discussion helped further my understanding of IDD therapy, leaving me better able to explain the benefits to patients, as well as identifying those who might be suitable candidates.