

## TAMARS manipulation

Writer Roz Lewis is 43 and comes from Kidlington.



### THE PROBLEM

It began about 15 years ago when I started swimming and doing a lot of driving – I suddenly got neck pain and both upper and lower back

problems. It's been dreadful ever since.

### WHAT HAVE YOU TRIED?

Osteopathy, Bowen Technique, massage and acupuncture. One GP said just take more painkillers and most therapies offer immediate relief, but not for longer than a few days.

### WHY TRY TAMARS?

I read an article about it which said TAMARS was good for scoliosis, a lateral curvature of the spine.

### WHAT HAPPENED IN THE SESSIONS?

Therapist Irene took a case history and then asked me to undress down to my underwear. I was assessed for spine mobility and she explained what the treatment would involve. A map of my spine appeared on a computer after she scanned it with a radiographic device

called a spinal mouse – my spine was twisted and had several vertebrae out of alignment. I was then asked to lie down while she worked on my back. She used a 'bionic hand' – a handset with four pads powered by a computer. These pads operate in opposing pairs and align precisely with the vertebrae in the spine. It starts very lightly and quickly; then goes slower and more deeply until you really feel like the machine is pushing your vertebrae into place, which felt a bit uncomfortable.

### DID IT WORK?

I had six sessions over a few months; after five my back did look straighter and it wasn't as painful.

### WOULD YOU RECOMMEND IT?

Definitely. It's expensive and the travelling involved wasn't ideal, but of all the treatments that I've tried, it has had the best results.

**Roz saw Irene Philips in London and Surrey (0208335 3787; [www.backcareclinic.co.uk](http://www.backcareclinic.co.uk)). Cost: In London a one-hour first appointment costs £100, £75 for 45 min follow-ups; in Surrey, the costs are £65 and £50.**

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