

My back pain was cured by a bionic hand

Maggie was on eight painkillers a day for her bad back. It'd been that way for ages so she didn't have much hope when she read of a miracle cure

I'd only gone out to buy some bacon. But by the time I came back, my life was in tatters. Before then, I was a happily married 32-year-old with a great job as an auxiliary nurse and a fun hobby training and showing seven dogs. After December 3, 1992, none of that counted for anything.

I was driving into the forecourt of our local shops when I heard a loud bang. For a split second I was confused about what had happened. Then I felt myself being thrust forward, then back again, then forward... I let out a scream.

A car had smashed into the back of me and thrust me into the back of a lorry. The force of that impact had shot me back into the car behind again, then forward once more. Eventually, I came to a halt, wedged into the back of the lorry.

My neck and back screamed with pain and I'd hit my head on the window. I was so stunned I couldn't move and when a guy came running over to the car he told me an ambulance had been called and it was probably best if I didn't

move position in case I did any more damage to my back and neck.

The ambulance arrived minutes later, and I was rushed to St Peter's Hospital in Chertsey, Surrey. An X-ray showed I had whiplash and I was sent home and told to rest. But I was in so much pain I couldn't even fall asleep.

I went back to hospital for physiotherapy and ultrasound but it just made me feel worse. I could barely move. Ironing, cleaning and shopping were impossible, and if I tried to do anything I'd end up being sick, having muscle spasms and developing a migraine.

A month later I was no better, so I was referred to Mount Alvernia Hospital in Guildford for acupuncture, more physio and manipulation under anaesthetic. I

was also given a TENS machine which was supposed to relieve the pain of my muscle spasms. None of it worked.

By now I was getting desperate. I'd

had to give up work and showing my lovely dogs. But for five long years I struggled by - taking eight of the strongest painkillers every day just to cope.

Then a friend showed me an article about something called PAM. It's a new technique which uses a bionic handset to correct back problems and misalignments of the spine. I was very sceptical but what did I have to lose? I went for my first



'I thought I'd have to give up my dogs,' says Maggie.

felt quite bruised, but my spine definitely felt a lot looser.

After my second visit one week later, I walked out of the surgery with no pain - for the first time in five and a half years. It was incredible.

It felt as though my spine had been clicked back into place. The practitioner told me to take it easy but I couldn't stop doing things because I was so pleased not to be in pain! It felt fantastic.

After three more treatments I was completely cured and I've been fine ever since - and it's been over six months now. I can go shopping and show my dogs... but the best thing of all is being able to pick up and hug my nieces and nephews. I really feel that I've restarted my life.

Maggie Spencer, 38, from Bisley, Surrey

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treatment last July. The fingers of the machine were run along my vertebrae towards the pain. It felt like little pistons gently pressing up and down on my back. Afterwards I



Fantastic - 'The best thing of all is being able to pick up and hug my nieces and nephews,' says Maggie

What's it all about?



PAM stands for power-assisted micro manipulation. It's a sort of hand-held massager and is used to treat each vertebra and stimulate the spinal reflexes to mobilise and re-align the spine. It works on the same principle as physiotherapy and osteopathy but the bionic fingers can apply more pressure and penetrate deeper than real fingers because they move 25 times faster.

The system is relatively new. Patients only started using it last year and there are now 100 registered practitioners in the country. It's particularly popular for sports injuries. For more information visit www.pamtherapy.com