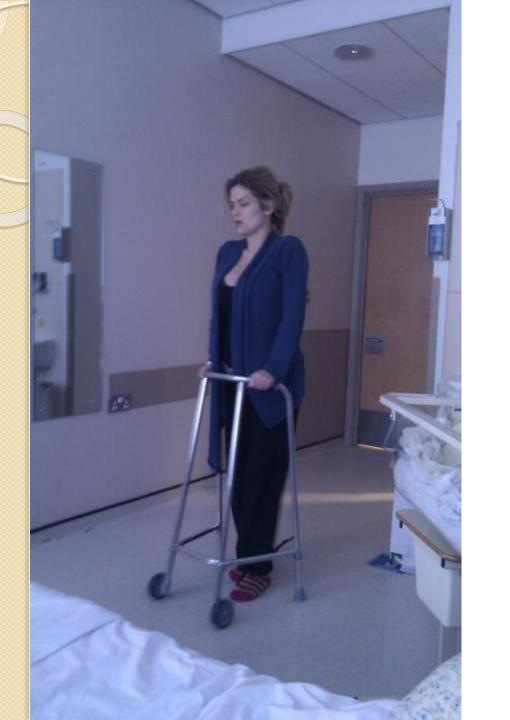
# Sally l'Anson

Personal Recovery after 'Failed Back Surgery' SIRPA Conference October 2017

# Beginnings

- 2011 First trimester of first pregnancy, developed some sciatica. Saw Oesteopath and it went away.
- April 2012 4 weeks before due date leg pain in left leg more severe. Symphysis pubis dysfunction (SPD) diagnosed and told it would go away after delivery. Walking very painful.
- 12 May 2012 during labour leg pain became excruciating. After delivery pain much worse. Couldn't stand, pick up baby, get to the bathroom. Lay flat on my back for the three nights I remained in hospital. Orthopedic specialist lumber back pain and I'd be fine in a week.



#### 15/5/2012

Walking to bathroom 3 days after delivery with help of zimmer frame. Discharged from hospital the next day with zimmer frame (and a baby!)

# Postpartum and what followed....

- Prescribed varations Amitriptylline, co-drydamol, diclofenac, tramadol, Gabapentin, paracetamol
- Pain remained as severe.
- Acupunture and NHS home physio pain went from left leg but remained in the right.
- Tried massage/ osteopath / hypnotherapy no change.
- July 10<sup>th</sup> 2012 MRI Scan showed severe disc extrusion in L5/S1. Advised Urgent onward surgical referral.
- July 2012 Diagnosed with PTSD.

# Postpartum and what followed....

- August 2012 received letter to call outpatients at St. George's hospital – called and told 'no appointments available'!!
- Paperwork had 'slipped through the net' and I wasn't on the system!
- In desperation Epidural lumbar injection at private hospital 22<sup>nd</sup> August 2012 – no relief.
- Meanwhile GP referred me to Charring Cross Hospital.
- Referred to Neurosurgeon Specialist at Charing Cross Hospital. Again due to long waiting list and in desperation booked a private consultation early September and microdiscectomy surgery - 9th October 2012



12/10/12

Second night home from surgery. 5 month old Barnaby

#### Post Surgery (failed back surgery!)

- Not much change but did notice the variation on a day to day basis which seemed illogical.
- NHS physio discharged me, nothing further could be done.
- Private physio The holistic and therapeutic environment.
  Worked with me on lowering my anxiety and easing tension/muscle spasms.
- Pressures about returning to work. Headteacher unsupportive, difficult meetings.
- Occupational health negative and told 'You will most likely always suffer with this level of pain now'......... <u>Failed Back Surgery!!</u>

# The Point of Change

- Read 'How the Mind can Heal The Body' by Dr. David Hamilton. First time heard about visualisations and power of positive thinking. Found a blog that talked about Dr Sarno, discounted it as seemed unrealistic!
- But this lead to me researching and finding Georgie's website and SIRPA.
- I5 minute skype appointment with Georgie 'You can live a life without this pain'. Weight felt lifted.

### **Progress**

- Slow but steady with mood improving most noticeably more quickly.
- Moments of 'pain free' that changed my outlook on the pain.
- Georgie's techniques and SIRPA programme of -Timeline, Interpretation of Symptoms, Journalling, Goal Chart and weekly plan.
- Positive affirmations used a lot when starting work again in March 2013.

# Bigger life goals

- Moving out of job I was unhappy in December 2013.
- Moved out of London to Wiltshire in July 2016.
- Made new friends and bought new house in Wiltshire in July 2016
- Son started primary school in September 2016.....and then.....



.....Reuben born 9<sup>th</sup> December 2016

