



Sally I'Anson

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

Beginnings

- 2011 First trimester of first pregnancy, developed some sciatica. Saw Osteopath 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 variations - Amitriptyline, co-drydamol, diclofenac, tramadol, Gabapentin, paracetamol
- Pain remained as severe.
- Acupuncture and NHS home physio – pain went from left leg but remained in the right.
- Tried massage/ osteopath / hypnotherapy no change.
- July 10th 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 22nd 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'..... **Failed Back Surgery!!**

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.
- 15 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
9th December
2016



Life pain
free.....