

NHC Cyclo-Therapy® has made such a difference to this GP's life

Dr Ahmed was an active, practising GP but at the end of 2011, not long after the birth of her son, she was diagnosed with multiple, large Gastric tumours. This resulted in her requiring extensive gastric surgery to remove the tumours followed by an intense course of chemotherapy.

The surgery left her with severe soft tissue damage and painful scarring to her stomach and she ended up walking with a stoop due to her stomach pain. This left her with chronic back pain and a diagnosed slipped disk.

An additional side effect, due to the intensity of the chemotherapy, was joint pain and in particular neuropathic pain in her fingers and hands.

At this point Dr Ahmed had to stop working full time and could only undertake locum work. Between 2012 and 2016 she needed further major gastric surgery, that caused further stomach muscle and soft tissue damage. Her chronic pain continued and in 2017 she was on morphine, anti-inflammatories and the maximum dose of daily tramadol to manage both her back, scar and neuropathic pain. Due to the medication she was constantly lethargic and could work very few hours.

In September 2017, willing to try anything to improve her health, she was recommended to go and see a physiotherapist called Janine Midgley at the West Yorkshire Physiotherapy Centre.

Janine explained that she wanted to use a device called

a NHC Cyclo-Therapy® Hand Unit on her scarred stomach tissues and back to see if it could release the tethered tissues. As a GP, Dr Ahmed was a little sceptical not knowing about the product but she was desperate to try anything.

Dr Ahmed visited the clinic weekly to have the deep fascia tissue's massaged with the Hand Unit and after the first 4 to 5, 30-minute therapy sessions there was a huge improvement. There was a release and relaxation in her stomach and gastric tissues allowing her to walk straighter and without a stoop reducing her back pain. From October to December 2017 the improvement in her posture and in her back due to the therapy meant by the end of 2017 she was almost pain free and had stopped all her pain medication for the first time in 5 years. This also meant she had all her energy back; she felt like a new person. This year she has been able to get back to working as a GP full time and with her new-found energy, learn to ride a bike at the age of 41, to play with her son.

Dr Ahmed says "I cannot believe the difference this rehabilitation process has made to my life. I now use a NHC Cyclo-Therapy® hand unit at home to help reduce the nerve pain in my hands due to the chemotherapy in 2012, a pain I thought I would never get relief for. As a GP I am keen to learn as much as I can about the therapy and to see how it can help to improve the lives of other people. I cannot recommend it enough the difference it has made to me."

