

## **Kipp the back guru**

Ouch! My back!

Back-related problems are becoming more and more prevalent in this day and age, and in most instances are related to our way of life. As we become sucked into the rush and bustle of daily living, our bodies unfortunately are becoming unwilling victims in stressful situations over which we have little or no control.

However, when faced with the very real problem of immobility due to back strain and the accompanying pain, we do have, to a certain extent, control of what we do about it.

My lifestyle is somewhat peripatetic. I live in Canada for six months of the year and Europe for the remainder – be it in the UK or in France. ‘Nice for some’, do I hear you say? Let me assure you it is anything but. The strain in moving around and in handling baggage as I move from place to place is anything but ‘nice’ for my back.

Arriving in Alton to see a close friend recently, I was in agony from a strained muscle, due to a wrong move in picking up a suitcase. I was also suffering from migraine, a sure sign that something was not at all as it should be. My friend kindly suggested I go see her son who is a ‘Specialist in the Treatment of Pain’. Not only is he an Advanced Clinical Massage and Bodywork Therapist, but also a Reflexologist.

So it was with relief I took my friend’s advice and shortly found myself undergoing extensive massage therapy, which was destined to do me far more good than anything I had envisaged.

She duly drove me to *Time* Hairdressers in Normandy Street, where Kipp practises. Kipp, who first trained in Thailand, is a wonderful young man who takes time to listen and treat symptoms accordingly. He feels that he has found his calling and is committed to making people sound and healthy.

Having assessed and written up my medical history for his own records Kipp assured me that the treatment he was about to give me was based mainly on ‘cutting edge’ western techniques including advanced clinical massage, trigger point therapy and myofascial release.

I had, he assured me, pulled a muscle in the gluteus maximus area of my back, which to you and me means lower area of my spine, and is consequently extremely painful, as this area controls so many movements we take for granted. Plus, because of muscular spasm, it was also responsible for the crippling and blinding migraines I was suffering.

The whole treatment, be it the relaxing oriental background music, the eastern scented candles, and the pleasant oils used in the treatment, is designed to make one feel relaxed, whilst the back massage with yarrow, camomile and arnica helps cool and sooth the muscles. The trigger point therapy induces blood flow and relaxes

tight muscle bands to help calm painful trigger points (responsible for 80% of chronic pain).

Interesting to note, that without my having mentioned it, Kipp discovered in my lower back's sacral region 'an area of scar tissue' from a work-related accident (which at the time had pushed my sacrum momentarily out of place) thereby introducing all sorts of back problems for the future, not least my present predicament. As a result Kipp promised me he would 'proceed with caution'.

One hour later I left with instructions on how to continue looking after my back, which would be painful for a couple of days or so. Walking any great distance was ill-advised and icepack treatment and ibuprofen would be good to reduce any inflammation.

One week later I can honestly say that my back is much better, so much so that I can move with no consequential pain and the increased mobility this has brought is worth every penny spent on this unexpected but most welcome treatment.

Treatment costs anything between thirty to sixty pounds depending on type and length of treatment and is well worth investing in if you are having continual back problems.

Conditions treated can vary from basic back pain, neck pain and sciatica, through migraines and joint pain, including arthritis and pain from slipped discs, and on into all stress-related health problems, post-operative problems and sports injuries. The list is endless and it is well worth consulting Kipp if you have any of these problems.

As a well-known advertising mantra insists – 'Because you're worth it.' And as far as this treatment goes, I agree.

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