

UNBEARABLE CHRONIC BACK/RIB PAIN

For the last two years I have suffered chronic pain in my rib and back area. The pain was constant, varying in intensity from a 6 to a 9 out of 10. The pain also affected my sleep pattern, it was impossible to get any real sleep for any length of time. If I was lucky I would get 1-2 hours of sleep a night even that was broken sleep. The only relief from pain during the night was to get up and walk around and do stretching exercises.

My doctor had sent me for several x-rays on my chest and back and I had also had a bone scan to eliminate any possible disease of the spine. The outcome of all the tests was that I was suffering from Undefined Nerve Damage, apparently the pain centre of the brain was sending out false messages to my back and ribcage. I found this very hard to accept as the pain I was experiencing was very real indeed.

There is no cure for this problem and the suggested treatment was pain medication and going on antidepressants. I stuck to the pain medication but was a little worried that I would become too dependent on them so I kept to a low dosage.

As you can imagine the quality of life was not great, energy levels were non-existent, but there did not appear to be any alternative. I had heard about the Bioptron Light Treatment and had seen some very good results on my mother-in-law's leg ulcer. I had not given too much thought to the possibility of it being of any benefit to me.

I had been in extreme pain for about a 48 hour period, and the suggestion was made to try the Bioptron Light Treatment. I was not really sure if it would have any effect on my pain but I was ready to try anyway.

I started treatment with Lee Mcinroe at the West Auckland Bioptron Light Therapy Clinic, she suggested an intensive treatment to begin with concentrating on my rib, back and shoulder areas.

The results were almost instantaneous, the reduction in pain was unbelievable, and on the first night after the treatment started, I was able to sleep for about five hours straight, this was totally foreign to me after so long. We continued with daily treatment for the first week, and after each session, I felt more relief from pain and found my energy returning not to mention having brilliant sleep.

I am now having treatment once a week The results are totally unbelievable. From the first treatment, there has been no intense pain, and I am now dealing with a very manageable pain level of about 2-3. There has been no return to the broken sleep either, and I find that my sleep pattern is almost back to a 6-7 hour stint. I have also not had to take any pain medication since my first treatment.

I would recommend Lee Mcinroe and The West Auckland Bioptron Light Therapy Clinic to anybody who is in need of pain relief. The Bioptron Light Treatment has given me an almost normal pain-free existence when there were no answers to my medical condition.

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