

NAME Bryan Stops
AGE 71
HOBBIES Playing golf

Back to the top of his game for Norwich patient.

PROBLEM

Many of us experience back pain – in fact, it is estimated that around 8 out of 10 people are affected by back pain at some point in their life. For LNS patient Bryan Stops, back pain became a constant factor of life for twenty years until the avid golfer found himself unable to play his favourite sport due to the excruciating pain he was experiencing, which for two decades had been allowed to worsen uninvestigated. Bryan explains: “After years of a grumbling back, my back finally gave up the ghost and crumbled, leaving me in excruciating pain, unable to play golf (my favourite pass time!) at Sheringham Golf Club. A consultation with Mr Rai in October 2019 was followed with an MRI which revealed a prolapsed disc, followed by surgery.”

DIAGNOSIS

Following a consultation with Mr Am Rai, Bryan learnt that the cause of this was a prolapsed disc (also called a ‘slipped’ disc) in the lower back – a split or a rupture of the fibrous outside section of a spinal disc. When a disc begins to herniate, its soft central fluid pushes against the fibrous outer ring and triggers lower back pain. While the majority of prolapsed discs heal themselves in the first six weeks, meaning non-operative treatments such as physiotherapy or injections can be effective, in cases where there is persistent pain that is difficult to manage, surgery can be the best option.

TREATMENT

For Bryan, who had been experiencing constant pain over a long period of time in his lower back, and for whom more conservative treatments had proved ineffective, a lumbar discectomy was needed to treat the condition. This is the surgical removal of the bulging disc material causing the pressure on the spinal cord or nerves (hence the term decompression surgery). In Bryan’s case, surgery consisted of a microdiscectomy procedure and was followed by a period of physiotherapy and sports rehabilitation to help him return back to his normal activities.

RESULT

Following surgery, Bryan was able to return back to his favourite pastime playing golf and recently sent in a photo of himself winning the 2020 Seniors Handicap champion in July. We want to say a huge congratulations to Bryan from the LNS team – it’s great to see that he has recovered well and we are pleased to see him back at the top of his game.



Bryan, seen here on the left, comments: “Mr Rai was extremely professional, knowledgeable and fixed me! After a period of rehabilitation first with the Spire Physiotherapist and then Tonya Patten, a rehabilitation sports specialist, I was able to start playing golf again in June, and I am now enjoying a full and active life. A big thank you to Mr Rai and his team.”