

**NAME** Rob Eastaff  
**AGE** 48  
**OCCUPATION** Owner of a demolition company

## Helping Norwich patient get back to his normal self.

### PROBLEM

Rob Eastaff began experiencing intense back pain in December 2019 and following an MRI scan in April 2020, found out that the cause of this was a slipped disc. Rob's back pain was so intense that it left him unable to walk straight and unable to participate in the sports and hobbies he usually enjoyed. Aside from the physical aspects, the pain also began interfering with his everyday life, impacting work and his ability to carry out normal daily routines and most importantly his family life.

### DIAGNOSIS

Chronic back pain (one of the most common types of long-term pain) can usually be treated with non-invasive methods — but in more serious cases can require surgery. In Rob's case, conservative treatment methods such as painkillers, physiotherapy and injections were ineffective and the intense pain he was experiencing was massively affecting everyday life.

Rob explains: "Interacting with my young family was the worst part. I was unable to participate in any sports and restricted to only walking short distances. The pain was also starting to affect my work as I was unable to visit sites. I spent most of the day in the office chair in pain."

### TREATMENT

Rob was referred to Mr Am Rai by his friends and his chiropractor and under Mr Rai's guidance underwent a discectomy - an operation carried out to release pressure on the spinal nerves caused by a bulging or slipped disc. The procedure is carried out under general anaesthetic, which means patients are asleep during the procedure and don't feel any pain. The aim of lumbar decompression surgery is to relieve the pressure on the spinal cord or nerves.

### RESULT

Post-surgery, Rob is now back to his normal self and can undertake all of his past hobbies and normal daily routines, as well as enjoy family life again.



**Rob comments:** "The treatment and care undertaken by Mr Rai was absolutely fantastic; his reassuring guidance and positive attitude towards my health was second to none. His personal interaction around the procedures really made me feel I was in very good hands at all times. I cannot thank him enough as his expertise has given me my normal life back. I would highly recommend his services to any one with back problems."