

Spotlight on The London Norwich Spine Clinic: cutting edge treatments for spinal conditions

An ageing population combined with lifestyle-related factors and rising obesity means demand for medical services that treat back pain and disorders of the spine – one of the main contributors to disability worldwide – is expected to increase substantially over the coming years.

Most causes of back pain are easily treatable. But pain may also be a symptom of a more serious disease such as osteoporosis, infection or in very rare cases tumour. In many cases, it is important to know exactly what is causing it.

Led by Mr Am Rai, the London Norwich Spine Clinic specialises in cutting edge treatments for a full range of spinal problems. Focusing on non-invasive procedures, the UK-based clinic has a team of highly trained specialists at hand to help patients understand and improve their symptoms.

Spinal Consultant and Founder Mr Am Rai, explains: *“Your spine is one of the most important and complex parts of your body - keeping it healthy is vital if you want to lead an active and pain-free life.*

“As a dedicated spinal clinic, we are experienced in successfully managing a range of spine conditions, using the latest methods and non-invasive techniques wherever possible to aid effective treatment and a quick recovery.

“Spinal conditions tend to deteriorate and in certain conditions can also lead to irreversible loss of function, so early diagnosis is hugely important.”

Cutting-edge treatments

The London Norwich Spine Clinic was founded by Mr Am Rai in 2003 to give patients with spinal conditions access to the best surgical care.

Headquartered in Norwich, and with state-of-the-art facilities in London, the clinic specialises in treating a wide range of problems, including disc herniations in the neck and lower back, spinal deformities such as scoliosis and kyphosis in adults and children, plus trauma, infections and tumours.

With access to world-class diagnostic equipment, the specialist clinic offers both conservative and surgical techniques, providing innovative solutions and personalised care for patients from across the UK and abroad.

With only 5-10% of patients requiring surgery, London Norwich Spine have an emphasis on non-invasive approaches such as physiotherapy to promote healing, and injections, a common procedure with low complication rates.

Mr Rai adds: *“The vast majority of spinal conditions can be treated without an operation. Often all that is required is assurance that there is no sinister cause of*

pain, a diagnosis based on detailed imaging and a better understanding of your condition to help you manage your own symptoms with conservative treatment.

“In cases where pain is progressive, and depending on the complexity of the condition, surgery may be needed. Patients at our clinic come from all over the world to access decades of expertise and our pioneering treatments in this area.”

Headed by Mr Rai, renowned in the UK as an expert spinal surgeon, London Norwich Spine offers complex and minimally invasive surgical procedures at its cutting-edge facilities in Norwich and London. This includes spinal fusion, micro discectomy, cervical disc replacement, and lumbar decompression.

About Mr. Am Rai

Backed by 19 years of experience as a Spinal Consultant, Mr Rai has demonstrated expertise on a wide range of spinal conditions with emphasis on spinal stenosis (elderly), cervical fusion/disc replacement, minimal access keyhole surgery for disc prolapse and scoliosis.

He was elected President of the British Association of Spinal Surgeons by his surgical peers and has been on the BASS Executive Committee for 6 years. He has also published on national best practice surgical guidelines, helped develop the British Spinal Registry (over 140,000 patients), and been involved in National Institute for Health and Care Excellence (NICE) guidelines and government-led regional variation in surgical practice across England.

Beyond his work as a surgeon, Mr Rai is the proud director of spinal charity **Spine Aid** which arranges regular trips abroad for a team of spinal surgeons, medical students, neurophysiology technicians and anaesthetists to help treat children with spinal deformities.

He is supported by a dedicated team of physiotherapists, oncologists, neurologists and rheumatologists at The London Norwich Spine Clinic, which prides itself on its access to a strong network of surgeons and global expertise.

To find out more visit londonnorwichspine.co.uk