



**Ashdown let
rip at Filthy
McNasty's** page 36

**Huge river
festival sails
closer** page 8



Clinic: 'We have a sole solution for a bad back'

A Kingston clinic claims to be the first in Britain to launch a revolutionary treatment for back pain – by fitting tailor-made inner soles inside shoes.

The London Orthotic Consultancy at Canbury Business Park in Elm Crescent, which specialises in treating back pain and posture-related problems, officially launched the service on Monday.

Practitioners at the clinic claim the treatment – called Vabene Therapy – has been used successfully in Europe, the USA and Canada.

And their Kingston practice, they said, was the first to pioneer this technique in the UK.

The clinic was set up by a team of Orthotic health professionals Saeed Hamid, Sam Walmsley,

Chris and Joanne Drake, who previously worked at Queen Mary's Hospital in Roehampton.

Orthotics is a medical discipline in which braces or supports, called Orthoses, are designed for individuals to reduce pain or improve mobility.

The Vabene Therapy involves creating computer models of clients' feet in the clinic and then manufacture the inner soles on site.

Clinic director Chris Drake said Vabene Therapy treated the root cause of back pain – poor posture.

He said: "Poor posture can be blamed on modern lifestyles which often include long periods of physical inactivity, typically sitting at a computer or driving. This results in our bodies adapting to



From left to right: practitioners at The London Orthotic Consultancy in Kingston: Muhammed Saeed Hamid, Joanne Drake, Sam Walmsley and Chris Drake, with P A Diane Shapton, seated.

unnatural positions, which lead to neck, spinal and joint pains.

"The tailor-made inner soles impact on the nerve cells, as wearers walk."

Mr Drake added: "The

body then corrects itself as posture improves, releasing tension and improving balance."

For more information call the clinic on 020 8974 9989.