

# MASSIVE WHIPLASH AND SEQUESTERED DISC RECOVERY from a Military Tank accident - after 38 years

*"I have been retired from the Army now for nearly 10 years having had a full soldiers career, much of it on military tanks (Chieftains and Challengers). During my career I had a fairly major tank accident and damaged my head, jaw and teeth, neck and back through a massive whiplash and collision with iron and steel.*



We were travelling at about 20 mph by night over rugged terrain and we hit an unseen old bomb crater - about 10 feet deep and 20 feet wide, my head took the impact against the steel of the turret! After some time in hospital, and as a fit young man, I seemed to recover pretty well with bouts of back and neck pain,

and continued with my duties and playing a lot of sport till the age of 50, when things started to get painful. I struggled with back pain and bouts of real awkwardness through spasm's, often getting very "twisted" when standing. I had many sessions with a physio or accupuncture each year. I could usually recover and get back to something "normal".

Gradually over the last 10 years things became more difficult - less sleep due to back and neck pain, less activity because of stiffness, less mobility because of discomfort - and I realised that at the young age of 60 something needed to be done.

I arranged a consultation with my neuro surgeon and was scanned to see if there was a problem. There was - the radiologist reported "a sequestered prolapse disc at L4/L5 level, >>>

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level, compressing the L5 nerve root - the options were to do nothing or have invasive and risky surgery.

At the same time **Peter Ottens** of **Spine Spa Anti Aging Technologies** arrived nearby and had been working with the highest level of military for spine compression injuries.

After some careful discussion of my problem(s) we started on treatment. I was amazed. Within a few sessions I was sleeping much better, my neck pain had gone, and I was feeling a little less stiff and more mobile. Peter found the source of the problem, not just the damage from my tank accident 38 years

ago but also a fundamental problem caused by a rugby accident 50 years

ago which had affected my SI (sacro iliac) joint, and had, for the whole of my life, never been discovered and left me compensating for a fundamental weakness.

**Youth and soldierly activity had hidden the problem - age had found it out and with Peter's help has got things back into much better balance.**

I continued treatment with Peter for 4 months - initially intensive and then more gentle just to keep things ticking along. Treatment is very different - it is called DMT (Decompression Mobilization Therapy) - a treatment never offered / given to me before.

The assessment is made in the Postural Response Lab at his clinic where all the structural deficiencies are revealed. Some of my sessions were 2 hours and some only 15 minutes. >>>

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*Considering some of my injuries had been there for nearly 50 years, occasionally I have spasms, and Peter is able to get to the problem straight away.*

*I have had no more visits to the physio or accupuncturist to straighten me up.*

*I feel hugely better generally and am much more mobile - stiffness and pain has gone into the background - and my life looking forward looks much better as I head for some sort of retirement and lots of activity!*

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