Space age treatment aids dream

Sheffield-based personal trainer and heptathlete Theodora Spathis aims to represent the country of her birth at the London Olympics.

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PERSONAL trainer Theodora Spathis is going for gold - thanks to Soviet space age technology.

The Sheffield-based hepathlete aims to represent the country of her birth at the London Olympics this year.

An Achilles tendon injury threatened to dash the Australian's chances of competing. Then she discovered Scenar therapy - developed by the Soviets to treat cosmonauts who were not allowed to use pharmaceutical drugs while on space missions.

Now Theodora is back up and running and jumping and throwing her way towards her Olympic dream.

The Scenar is a battery-powered, handheld device, which is brushed over an area of inflammation or pain, releasing gentle electrical impulses, similar to those produced by the nervous system.

These are sent to the brain, stimulating the release of powerful, natural healing compounds.

Theodora, from Carter Knowle, who works at the Virgin gym in Heeley, is being treated by Alla Cranham, who runs a Health and Beauty clinic in Nottingham.

She says the results have been dramatic, with an immediate and long-lasting reduction in pain.

Theodora, aged 28, said: "Scenar therapy has played a massive part in my recovery, without a doubt. I would not have recovered in time without it. It has made all the difference.

"I had an Achilles tendon injury in May last year, tried a few remedies, acupuncture, physio, herbal - but nothing worked - this has."

Theodora is hoping to build up enough points by the end of June to qualify for a place in the Australian Olympic squad. Then she will be taking on the world's best, including Sheffield's gold medal hope Jessica Ennis.

Theodora said: "I'm confident of making the squad. I'm not up to Jessica's standards yet, but I'm getting better."

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