

The Qi team Approach

February marks 3 years since Qi started business in Kits. Over that time, I have built a team of practitioners who have really taken to the idea of a team. I am happy to state that my dream of a true team is now in practice. How does this Benefit the patient? Well, lets take the case of Mrs. Bizhong*. She came to the clinic interested in treatment for an acute flair up of her chronic hip pain. Her pain had been steadily worsening over the last four months to the point where for the past two weeks she was unable to work or get a good nights rest. She started her treatments by seeing Dr. Armstrong, who diagnosed her with a hip misalignment. Due to the high level of tension in the surrounding musculature Dr. Armstrong determined that the best course of treatment was to release some of the tension, and then work to correct the misalignment. Dr. Armstrong conferred with the team and we set up a treatment plan for Mrs. Bizhong. The plan started with a treatment including cupping, acupuncture, and a gentle swinging of the legs. Three days following, at her second visit, there had been a marked decrease in the tension and she was able to start with the chiropractic treatment as well. In just two weeks we had taken Mrs. Bizhong from immobilizing pain, to being able to do daily exercises pain free.

This time of year we are see more hip pain, here are a few tips to avoid falling pray to the back pain bite:

- Warm Up/ Cool down. A great stretch for the hip is the pigeon pose, or a modification of it depending on hip tension level.
- Keep your low back and hips warm with extra layers.
- Listen to your body, I often hear patients say that they had felt a twinge in their back a day or two before the final straw.
- And of course come in and have a treatment before it gets debilitating. This makes for a shorter road to recovery.

If you have any questions about this article or anything regarding Qi, please contact Kiem Schutter at 604-742-8383 or info@qiintegratedhealth.com

Thank you for all of your support over the last three years!

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*Name has been changed.