

Use of the Surge of Chi Exerciser from the perspective of a Back Care Consultant

By Nicholas Kemp, Back Care Consultant to the Back & Detox Shop, Woodbridge, Suffolk.

Having worked as an Osteopath from 1982 -2001, I have spent much of my time mobilising the spine. In my experience, restrictions of the spine are not limited to just one level - there are often several to be found in the lumbar, dorsal and cervical regions. During a treatment session I would perform specific corrective manoeuvres to the key restricted sites, and general mobilisation techniques to stretch tight muscles and generally integrate the movement of the spine as a whole.

Since using the Surge of Chi passive exerciser regularly over the last few months, I have come to realise that there is a way for the whole spine to be gently and effortlessly mobilised in just 5 minutes. A session on the Surge of Chi has hence become part of my treatment protocol. If I feel a patient would benefit from regular sessions, I recommend they buy one for use at home, or even at work.

Releasing tension and learning to relax is another benefit from using the machine. In fact I had one patient who overcame frequent panic

attacks in just 2 weeks by using the Surge of Chi twice a day. After six weeks she was able to come off her medication and felt she had regained control of her life.

Mobilising the spinal joints and relaxing muscular tension has always been part of the treatment I would give a patient. I have found the Chi Exerciser to be a useful aid in helping the patient let go more fully into a relaxed state. As the speed and duration of a session on the exerciser can be accurately controlled and adjusted according to need, the treatment can be tailored to the individual's own requirements,

One thing that I have found hard in my practice is motivating patients to do their exercises. Many of us look on exercise as a 'chore'. Most people really enjoy a session on the Surge of Chi because it is quick, and they feel good afterwards. These are two very important factors in

overcoming the lack of motivation that many people feel.

Regular use of the Surge of Chi Exerciser can benefit people in many ways other than mobilisation. Boosting energy levels, stimulating lymphatic drainage and improving circulation are just some of the potential benefits. To me the Surge of Chi is an all-round health promoting device and I can happily recommend it to most clients.

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