

FLORIDA STATE ORIENTAL MEDICAL ASSOCIATION
2009 FSOMA CONFERENCE
Saturday, August 30, 2009

“INCORPORATING THERAPEUTIC EXERCISE INTO YOUR PRACTICE”

3 hour Presentation by Dashi Chu Kocica, AP

The treatment of musculo-skeletal pain is a major part of every acupuncture practice, but do you feel confident to guide your patient to recovery with therapeutic exercise? The active collaboration of the patient in the healing process is surely the best strategy for success. The effective use of therapeutic exercise, hot/cold therapy, elastic braces, and lifestyle advice not only accelerates the patient's recovery and return to normal activities, it also helps prevent a re-occurrence of the pain.

In this workshop Dashi will describe the causes of biomechanical pain (lack of adequate daily exercise, repetitive motion trauma, overuse and abuse, poor posture and habits, wrong shoes and congenital factors), and how wear and tear on soft tissues can lead to pain, inflammation, injury and aging. Then she will discuss the pros and cons of exercise and why slow, gentle movement is ideal for rehabilitation, neuro-muscular re-education and biomechanical health.

Together we will practice several exercise routines you can teach your patients, discuss when it is appropriate to introduce the exercises and how they to modify them according to the patient's condition:

1- 6-minute routine of 4 basic exercises- “the minimum daily requirement of exercise for the shoulder and hip girdle”- designed to promote proper lubrication of the soft tissues and harmonious coordination of the body parts. This practical 6-minute routine is practiced standing, and requires no special clothing or space.

2- 6-minute chair routine for stretching the lower body and opening hips and spine, ideal for a “power” stretch anywhere, anytime.

3- 15-standing routine for prevention of carpal tunnel pain and upper body joint pain.

4- 20-minute floor or bed routine for prevention of back pain.

Note: Attendees should bring towel or mat for floor exercise and wear appropriate clothing.

Dashi Chu Kocica, AP, is an Acupuncture Physician and life-long student of Asian Healing Arts. She has studied Qigong, Taiji and yoga in China and India and teaches workshops world-wide. Dashi is author of 8 videos on Qigong, Taiji and therapeutic exercise. She and her husband, Bodhi F. Kocia, LMT are Co-Directors of the Hoshino Therapy Clinic of Miami and co-authors of DVDs, POSTURCIZE Part I & II: Movements for Pain-free Living. For more information visit www.asianhealingarts.org.