

## 10th Conference on Health Care of the Chinese in North America

### Merging Eastern and Western Physical Therapy Treatment Techniques in the Management of Patients with Arthritis



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This presentation represents a retrospective chart review of 400 patient record from 1997 through 1999 to explore the pros and cons of merging Eastern and Western approaches to managing patients with various types of arthritis of the spine and peripheral joints.

The sample review consists of about 11% non-Asian of which 48% are females. The population is 100% adults.

All patients had prior treatment experience: - 21% Industrial clinics, 12% Acupuncture, 44% Herbal, 11% Chiropractic and 47% Massage.

According to the National Institute of Health, half of the Americans afflicted with arthritis do not believe that anything can be done to help them. This study shows that patients report improvement over other approaches mentioned above. It further illustrates that absolute truth sometimes cannot be found. Colleagues who feel that all new treatment approaches need to be subjected to scientific scrutiny often challenge clinicians like myself.