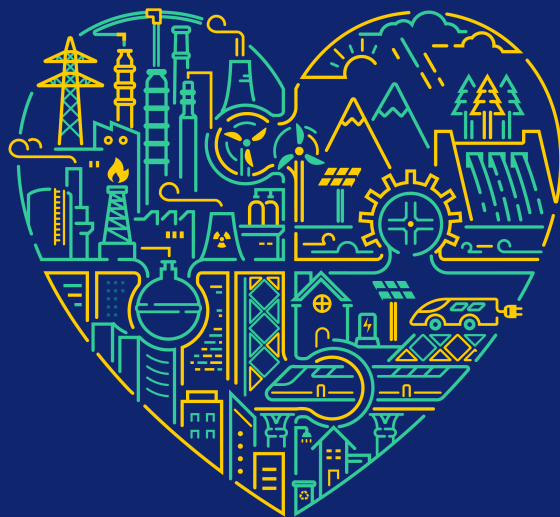


# As a SOT practitioner in Canada: About the chiropractor

Henry Cheng



## Introduction

**A**s a Canadian myself, it was an obvious decision for me to practice in Canada after I graduated from Palmer College of Chiropractic West in 2019. Unlike most of my classmates, I did not have to spend my time preparing for the American National Board Exams in my first few quarters. Thus, I had the luxury to attend seminars outside of school. By graduation, I had completed 100 hours of Applied Kinesiology, Sacro Occipital Technique (SOT) and SOT cranial course work and attended other seminars on patient care and nutrition.

When I began student clinic in 2018, I was able to utilise basic SOT and saw how quickly my patients improved throughout treatment. While it puzzled my peers, many symptoms that were not directly associated with musculoskeletal discomfort showed resolution under my care. I was amazed at the magic that SOT offered. Thus, during my preceptorship, I worked at an SOT-based practice that emphasised cranial-dental collaborations with dentists and orthodontists. The resources that SOT methods offer open up great opportunities for collaboration in interdisciplinary healthcare arenas and expanding how I practice today.

## Practicing in Vancouver, BC

In 2020, I became a licensed chiropractic physician in Vancouver BC where I joined an SOT practice. Even though I started working during the pandemic, I was still able to see a decent number of patients every week and quickly built a steady clientele in this office. Not much marketing was required as most new patients came via our clinic website and through a variety of referrals from trainers, physiotherapists, occupational therapists, oral myofunctional therapists, dentists, and osteopaths. The knowledge and skills from SOT put our clinic in a unique position to create collaboration with other healthcare professionals.

The Canadian healthcare system has always been thought to be one of the best in the world. Without doubt, Canada has some of the best physicians and health care professionals. However, the trouble lies with both miscommunication and lack of communication between healthcare practitioners of different scopes. Often times, patients feel confused and unsure due to improvements plateauing with the current treatment they had.

## How SOT training has prepared me

What SOT offers me, as a chiropractor in Canada is more than just an adjustment tool; it is a structured idea of how to approach patients and other healthcare providers in forming an alliance for the patient to improve their condition and quality of life.

From the patient's perspective, we chiropractors are experts of neuromusculoskeletal conditions in Canada. Our focus is to use evidence-informed methods such as palpation and orthopedic exams to diagnose and treat patients. One of the biggest advantages I have as a SOT practitioner is that other than the orthopedic examinations I also rely on the SOT indicator system. It shows the patient how a dysfunction of their proprioceptive system can impact their body, creating a chain of events that cause imbalances which lead to their injuries. Subclinical indicators are used to help assess the patient and educate their body awareness as they go through the treatment; furthermore, it paints an overall picture for me to determine the root cause of the presenting problem.

## Inter-profession communication with SOT

The Canadian healthcare system provides each healthcare profession a clear guideline of their scopes of practice. Each individual healthcare provider is an expert in his or her own field. This is perfect for SOT practitioners, as it encourages a wide referral network. The understanding of SOT gave me the ability to utilise each field's practice and language to build my referral network. I had opportunities to form alliances with occupational therapists, counsellors, physiotherapists, trainers, dentists, and osteopaths in collaboration for the patient's best interest. Additionally, it helps me communicate with different healthcare providers. For example, the SOTO-USA symposium presented a lot of information on the use of dental jargon. This made it much easier for me to portray my professionalism amongst dentists. The indicator system is very straight forward, and it has helped me easily explain to other providers what I am looking for and how SOT can make an impact on the patient. Often, we come up with creative and unique approaches to individual cases. The innovation of opportunity for teamwork with this technique is limitless within this country's healthcare system.

## Future work in the health care field

During the past two years of practicing, I was surprised at how much SOT has offered me in terms of skillset, knowledge, and resources. I was able to connect with different scopes of healthcare providers and bring them together. We share our perspective and skillsets to help the patient. This is something that I think Canada needs with chiropractors now to bridge the gap in communication between various scopes of healthcare providers. I am very glad that I had a head start on SOT during my school years to help me be able to participate in this very integrated healthcare system.



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*Cite:* Cheng H. As a SOT practitioner in Canada: About the practitioner. Asia-Pac Chiropr J. 2022;3.1 URL [apcj.net/SOT-Abstracts-2022/#ChengAbout](https://apcj.net/SOT-Abstracts-2022/#ChengAbout)