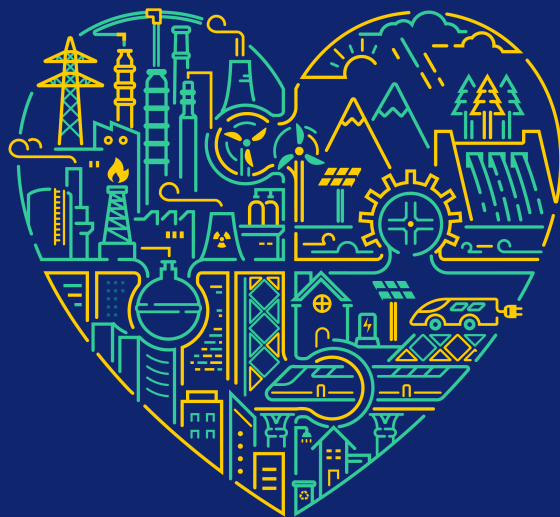


# Starting a Chiropractic Practice in China: About the chiropractor

Yi Aida Ru



## Introduction

Dr Ru has found that more and more people are learning about chiropractic in China. Of significance, she noticed that her patients started to better understand that chiropractic could be more than just *'adjusting spine'* by experiencing her SOT assessment and treatment. Through her understanding of SOT principles that included dural meningeal tension, cranial movements, and neurological developmental patterns, she was able to explain to patients about their conditions and help a variety of patients of all ages. With her SOT background she has a very unique practice in China, treating conditions such as headaches, reading disorders, sensory disorders, tinnitus, nursing issues, and an assortment of other conditions not traditionally considered spinal-related.

SOT represents the foundation of her examination and treatment methodologies. The understanding of how the body is interrelated with ascending and descending kinematic and postural influences has given her a multitude of approaches to help her patients achieve optimal outcomes.

Dr Ru's experience with SOT cranial care has helped her pain management with patients who are resistant to other interventions. She also noticed that treatment of sacroiliac joint sprains or hypermobility disorder respond more reliably and faster with her cranial interventions. Of importance, awareness of temporomandibular disorders (TMD) is virtually unknown in China's healthcare system. With the SOT model of TMD assessment and treatment, she has been able to help many patients with jaw pain who never thought they would have relief.

Dr Ru emphasises that, *'My simple words are not enough to express how great SOT is for my chiropractic practice. I recommend all students learn and use SOT. Please let everyone know how important SOT can be for treating patients here in China and likely the whole world!'*

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