

Program Description

Beginning in October 2011, NeuroSpine Institute has Provided a New therapeutic program based on the theories, scientific research, and practice of traditional tai chi chuan, medical qigong, and Traditional Chinese Medicine. Dr. Greg Moore created the program and asked Dr. James Fox to develop and provide the program services to NSI patients. Dr. Moore's specialties in Pain Management, Sports Medicine, and Physical Medicine & Rehabilitation, combined with Dr. Fox's training and experience in tai chi chuan, medical qigong, and Traditional Chinese Medicine, provide a sound foundation for using movement as a therapeutic tool for patients suffering from various spinal and other musculoskeletal conditions.

Therapeutic Goals and Methods

The approach taken in the Movement Therapy Program requires the patient to accept ownership of their health and rehabilitation. The therapeutic process involves learning and practicing to achieve a sense of internal and external balance. According to the theories of TCM, a balanced state of the body and mind allows both more effective healing and a stronger resistance to illness or disorder.



Get your **Life** back!



Movement Therapy Program

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Greg Moore, M.D.
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Get your **Life** back!

Therapeutic Program

The patient's therapeutic movement program begins with a referral from the Sports, Spine & Rehabilitation Medicine Clinic.

Stage One *Individual Appointments*

An initial assessment appointment is scheduled to assess the nature of the patient's disorder, their ability to move without pain or restriction, and to provide the patient with an overview of the therapeutic program.

The initial assessment allows the patient and provider to determine whether or not the therapeutic program can meet the needs and expectations of the patient, and whether or not the provider determines that the patient will fulfill the expectations of the Movement Therapy program.

The next step is to determine which therapeutic approach is best suited to the patient's specific health and wellness needs, based on their medical condition and movement limitations.

Then, an individualized therapeutic movement program is designed to address the rehabilitation process. Follow up appointments are designed for developing individualized therapeutic approaches, aimed

at strengthening muscles, enhancing stability and balance skills, achieving a greater range of motion, and learning controlled muscle activation and relaxation.



NSI Patent Therapeutic Exercise Group Session

Stage Two *Therapeutic Exercise Group Participation*

The Therapeutic Exercise Group is designed for patients who have achieved a sufficient level of movement within a pain free range of motion, and who have made substantial achievement in their rehabilitation, thus allowing them to participate in slightly more challenging and complex movements.

All of the movements used during the therapeutic group are intended to promote greater muscle strengthening, whole body coordination, and techniques of relaxation.

While the movements appear to be similar to the traditional practice of tai chi and/ or medical qigong, the exercises used in the therapeutic group are specialized therapeutic movements guided by the scientific literature.

The benefits of group practice, over the 30 minute one-on one sessions, include: a one hour exercise period, a greater variety of exercises, and the support offered among members of the group to continue working on each other's rehabilitation and recovery.

Stage Three *Traditional Tai Chi Chuan, Medical Qigong, or Meditation Classes*

Patients who wish to make continued progress in their rehabilitation are encouraged to enroll in a regular beginner level tai chi chuan, qigong, or meditation class offered through the Eugene Yang Chengfu Tai Chi Chuan Center.



www.eugenetaichicenter.org