

## Surge of Chi Exerciser - Phase 2 Practitioner Trials 2006-7 Interim Report - Summary

### Overview

In 2005 trials based on personal use of the Surge of Chi Exerciser by 145 Healthcare Practitioners found it to be of benefit in boosting energy; relieving tension, aches and pains in the back, shoulders & neck; reducing stress held in the body; and improving mental clarity and overall wellbeing.

These trial results also pointed to great potential for use of the Surge of Chi in clinical settings. A second phase of trials was therefore designed to investigate use of the Surge of Chi as an addition to current treatments and also as a stand alone treatment for use with clients needing to have a sustained course of treatments addressing one or more of the conditions for which it has been found to be efficacious. This is a preliminary report on results so far in this 2<sup>nd</sup> phase.

The results of the trials can be divided into Practitioner, Client and Case Study results, which were recorded on specially designed questionnaires and forms. The client and practitioner questionnaires looked at frequency and timing of personal use, personal benefits, ease and frequency of clinical use and recommendations. Additional questions were posed to the case study clients on ease of attendance at the clinic for the regular sessions.

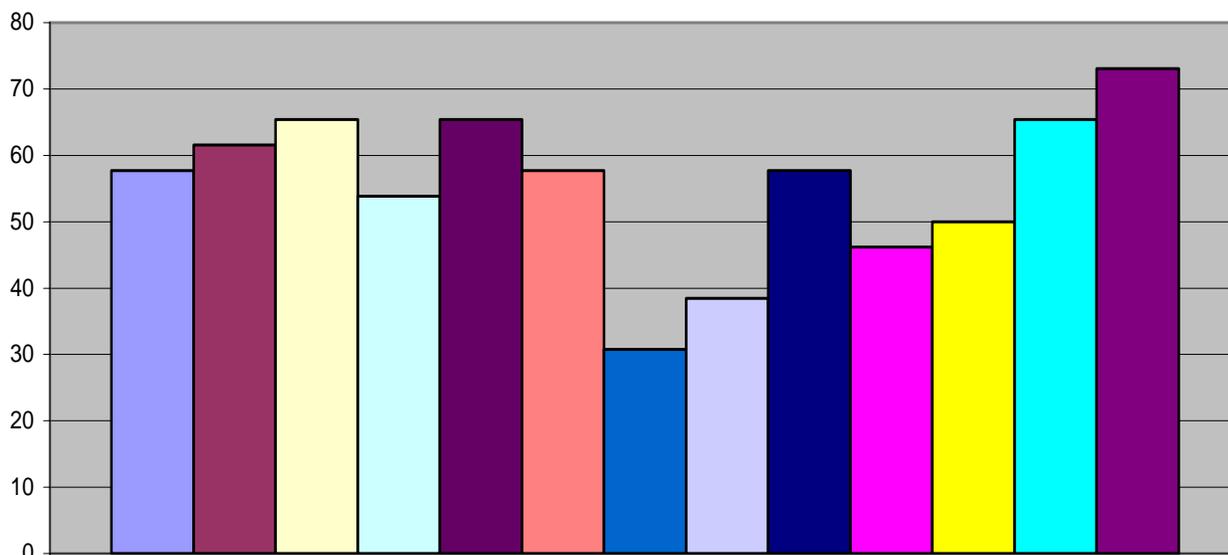
A total of 45 practitioners has so far completed the trials with 28 (62%) of those having returned their reports at the time of writing (July 2007). From these 28 reports there are 26 practitioner questionnaires, 41 client questionnaires, 51 case studies and 152 records of single session demonstrations.

### Practitioner Questionnaires

The majority (81%) of practitioners used the Surge of Chi Exerciser themselves at least once a day during their personal use part of the trial, with the others using it mainly on alternate days.

The most common results noted were benefits such as increase in energy (65%), relaxation (65%), improvements in back, neck and shoulders (62%), improved mobility (58%), less stressed (58%), improved sense of wellbeing (73%) and feeling calmer (65%). **Note:** in the graph below "BNS" = "improvements in back, neck &/or shoulders"; the figures are % of totals.

**Practitioner Benefits**



The majority of the sessions with clients were before a current treatment, and 77% of the practitioners found the Chi Exerciser easy to use in a clinic situation - with 88% finding the variable speed to be useful in a treatment context. Of the

practitioners who responded on the questionnaire, 69% found the Surge of Chi Exerciser a useful clinical tool and 85% stated that they would recommend the Surge of Chi Exerciser to clients for use at home. Of the 28 practitioners who have returned reports to date, 79% have purchased the Surge of Chi Exerciser for their own use and/or for continued use in clinic.

## Client Questionnaires

42 clients filled in the questionnaire either after a course of treatment or after a single session. 81% of these stated that they felt that the treatment was beneficial either in relation to a single symptom or to their general health. 90% found the Surge of Chi Exerciser simple to use and would be happy to use it on their own in a clinic situation, while 88% found it easy and convenient to travel to the clinic for a treatment session.

The range of physical benefits was similar to those experienced by practitioners, with the top ten benefits being almost identical. Relaxation and reduced stress were the most common benefits being recorded in 60% and 52% of cases, respectively. 40% found that their treatment with the Surge of Chi Exerciser was beneficial for their back, neck and shoulders, with 21% recording an improvement in mobility. 48% felt calmer after a session - with 43% feeling that their overall sense of wellbeing had been improved.

Overall the majority of clients (81%) who used the Surge of Chi Exerciser in a clinic situation found that it was a useful and beneficial addition to the services offered to them - with 64% saying that they would consider it as a regular treatment and 83% happy to recommend it to friends and family.

These findings were also reflected in the records of those clients who had a single session on the Surge of Chi alongside their usual treatment. Of these sessions the majority (76%) were given prior to a normal treatment. 75% of the clients who had a single session felt that it enhanced the benefits of their other treatment with the practitioner.

## Case Studies

At the time of writing a total of 51 case studies have been returned. Most clients had a history of more than one symptom and the records returned show that the most common symptoms were joint/muscle pain in 63% and back problems in 59%. Other common symptoms seen in the case study histories were low energy (22%), sleep disorders (29%), headaches/migraine (24%) and depression (27%).

The average number of sessions for a case study was 10 over a period of 3-4 weeks, with the majority of clients (76%) finding that the treatment was beneficial for their stated primary symptoms. Some example case studies have been reported separately in the Appendix to this report.

At the end of their course of treatment, 80% of those taking part in the case study part of the trial said that they would like to continue using the Surge of Chi either in clinic or at home - and would also recommend its use to friends and family.

## Conclusion

Although the trials are still ongoing, with some very interesting questionnaires and case studies still coming in, the results achieved so far have confirmed many of the conclusions drawn from the first set of trials in 2005, with the added dimension of confirming how valuable this form of exercise can be for people suffering from a broad spectrum of chronic conditions.

One of the additional findings from the current trials concerns the benefits that can be found from using the Surge of Chi as an adjunct to a normal treatment regime. Practitioners and clients alike found that a short session on the Surge of Chi could enhance the benefits felt from other standard treatments, and that the clients also felt an increased sense of wellbeing beyond their usual response to these treatments.

It also appears from the trial results that regular sessions on the Surge of Chi Exerciser are beneficial even if they are spaced out over a period of weeks, demonstrating it to be viable for use in a clinical situation even when daily use is not possible.

The main conclusion is thus that practitioners can use the Surge of Chi Exerciser as an additional treatment in a variety of ways, and can feel confident that it will enhance their practice and the results experienced by their clients.

***For a copy of the complete report, please contact Energy for Health on 08456 120129 - or visit [www.energyforhealth.co.uk](http://www.energyforhealth.co.uk).***

***An article on the Trial results will appear in the November edition of Positive Health magazine – see [www.positivehealth.com](http://www.positivehealth.com).***