

Testimonials:

Knee Injury

History of Treatment for Knee Injury

I initially encountered Master Hou in 1991, in my search for relief of severe and frequent migraine headaches that had plagued me for about 30 years, in spite of trying numerous methods of treatment. By performing the practices taught by Master Hou and after a short course of treatment, the severity and frequency of my headaches had markedly decreased. After continuing with the practices for approximately six months, I can truly say they were and are no longer a part of my life.

In February 1993 I suffered a severe twisting ski injury with MRI verified complete cruciate tear, 90% medial collateral tea, and tibial head micro-fractures with orthopedic recommendation for cruciate reconstruction with a cadaver tendon. I was advised that without reconstruction I would not be able to continue with my physically active lifestyle including skiing and yoga practices, without surgery. Since surgery could not be performed for eight weeks, because of the huge swelling of my knew, I opted for treatment by Master Hou and performed the exercises that he taught, as directed. Due to pressure from my family I obtained another outstanding orthopedic opinion, whose impression was also complete cruciate tear and the recommendation was for removal of the supportive brace, weight bearing with crutches and aggressive physical therapy. After taking his advice and removing the brace for 24 hours, my pain and swelling increased so much that I immediately returned to bracing and Master Hou's treatment.

Master Hou administered QiGong treatment daily, initially following injury. Treatment was decreased to three times weekly after approximately three weeks, then to twice weekly, etc.

Eight weeks post injury when I returned to the treating orthopod for probable surgical scheduling, I was discharged and advised just to swim to further rehabilitate my knee. When I asked if I could ski, I was told yes. When I asked if I needed to wear a Don-Joy brace to ski, I was told no. (Initially upon injury I was told that even after a cruciate reconstruction I would have to wear a Don-Joy brace). When I asked

if I should just wear an elastic brace to protect my knee, I was told yes.

I have continued to lead an active life including skiing, roller blading and "hot yoga". I do not suffer any pain, swelling or other physically abnormality in my knee, that I am aware of.

In October 1996, I was in a very bad motor vehicle accident and struck my jaw with severe lip laceration, fractured tooth and immediate severe swelling about the mouth as well as severe left arm injury with internal bleeding and massive immediate swelling of my arm, hand and fingers to twice their normal size. With three treatments and within two days following injury the swelling and pain were at least 80% reduced and I have required no further treatment. My care did not fair so well and took months to repair.

I am please to tell of my success with the practice of QiGong and hope that it will inspire others to use this vehicle to help themselves.

10/9/97 Rochelle Fleishman