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Singapore City, Singapore



Wong Boh Boi

Wong Boh Boi Pvt Ltd, Singapore

To review TCM and the current practices for lower back pain management for a lasting effect.

Objective: To introduce pain management and relief for lower back using the methods of Traditional Chinese Medicine (TCM) and its approach.

Setting: Chien Chi Yow, a Traditional Chinese Medicine company and specialist with over 50 years of experience and expertise. Medical Case studies of 2 patients;

Patients Profile and Medical History: Sedentary lifestyle and occupational requirement, Senior & Sports person. History of lower back pain and/or have received medically-invasive lower back surgery Mothers in their Pre- and Post-Partum

Methods: Uses (but not limited to) a combination of Meridian point massage (Tui Na), Cupping, Acupuncture, Spinal Lumbar Reconstruction and Encourage Stretching Exercise.

Results: Participants experience significant pain relief after the TCM treatment compared to before treatment was done.

Conclusion: While TCM is proven to be able to significantly manage and relieve the lower back pain with TCM approach, good advisory and counseling are as important to reinforce the importance of a healthy lifestyle for an enhanced quality of life.

Biography

Wong Boh Boi has graduated with a Bachelor of Health Science (Nursing) from the University of Sydney with distinction. She later went on to obtain a Master of Education (Early Childhood Education) and received her PhD from the National University of Singapore.

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