

Misal, Shefali and Miller, Paul K. (2019) The development of Western rehabilitation in China and its comparison to traditional Chinese medicine. In: British Association of Sport and Exercise Sciences (BASES) Student Conference 2019: Sport and Exercise Science - Transforming Lives, 17-18 April 2019, University of Dundee and Abertay University, UK. (Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/4808/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
 - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.

29. The development of Western rehabilitation in China and its comparison to traditional Chinese medicine

Misal, S.¹✉, Miller, P. K.¹

¹Department of Medical and Sport Sciences, University of Cumbria, UK

✉ 1602769@uni.cumbria.ac.uk

Traditional Chinese medicine has a strong role and value amongst Chinese people, though it is popular in China, it has recently popularised internationally with various concepts of treatment. China's cosmopolitan growth over the recent years is creating an increase for Western rehabilitation, demonstrating its development and acknowledgement of new cultures and scopes of practice in treatment. Western and Chinese cultures are still learning to further acknowledge each other's method of treatment, though knowledge maybe limited it is steadily increasing, and positively influencing both the West and China. Widely known, acupuncture is a traditional Chinese medicine method used in practice. The aim of this study was to understand the comparison between the two different systems of medicine through current trends. With early institutional ethics approval in summer, the research was conducted through semi-structured interviews conducted in Shanghai, China. Grounded theory approach was used, to establish the trends present amongst Western treatments, the development of Western rehabilitation in China and its comparison to traditional Chinese medicine. Five participants were involved in this study, four of which participated in semi-structured interviews, participants were all professionals working at American Medical Centre, in Shanghai. Collection of data has established that there is a steady increase in China for Western rehabilitation, however the divide stands between generations; where the results so far have demonstrated that younger generations are more open to trying Western treatment since it is less time consuming. Conversely, older generations may be sceptical due to "sociocultural factors". Results for this study are still pending, however provisional themes emerging from this research are: (1) popularity, (2) sociocultural factors, (3) and integration. With mentioning points such as Western rehabilitation is becoming "popular due to China's cosmopolitan nature." Along with traditional Chinese medicine that is also integrating into Western culture "Chinese hospitals are popular in the United Kingdom and France." Locality, another concept that emerged through this research "in rural areas they still seek traditional Chinese medicine." Similarly, both forms of treatment if "combined or used alongside each other would take practice further". The findings of this study at this stage show that the knowledge of international forms of practice and treatment has increased in recent years in China, consequently suggesting the ongoing expansion in China for Western commodities and culture, using medicine. This opens a wider scope for researchers to study and collaborate Western rehabilitation practices, techniques and approaches with Chinese methods.