

HOW TAICHIKNEE HELPED ME

PATIENT TESTIMONIALS AND EXPERIENCES



Less Knee Pain

- “I was able to dance without pain at a wedding”
- “I am using less ice packs and pain medication”
- “I can go on walks and play pickleball without pain”

Mindfulness

- “I feel mentally more relaxed and present”
- “I have a greater sense of mental awareness”
- “I am more mindful of my posture and positioning”

Better Sleep Quality

- “I can sleep through the night without pain now”
- “My knee pain does not keep me up at night anymore”



More Stability and Mobility

- “My legs feel much stronger”
- “I have fallen significantly less since starting classes”
- “I can cross my legs now”

Contact TAICHIKNEE Team!

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