

Tai Chi for Arthritis

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What is tai chi?



Purpose of tai chi

A safe way to empower people to improve their health and wellness and reduce their risk of falls.



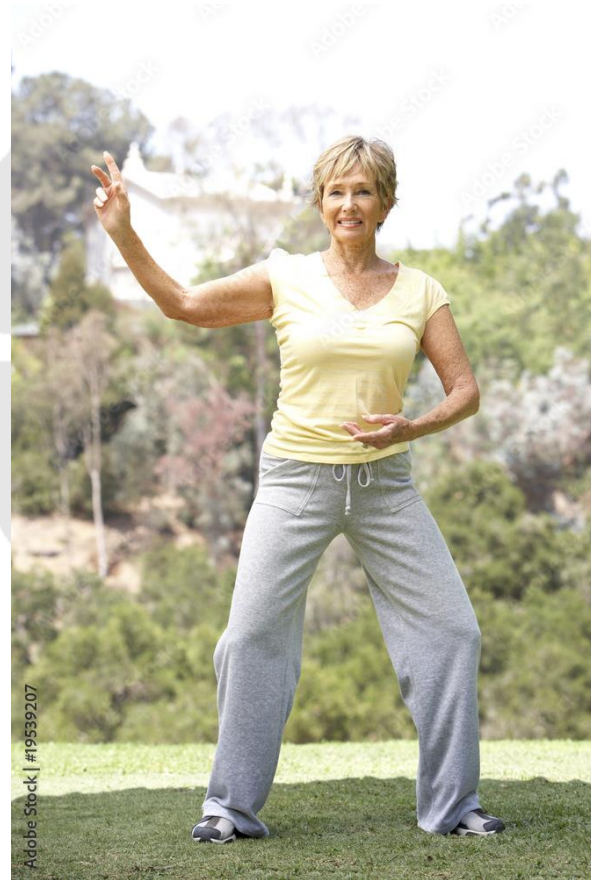
Tai chi styles



- Chen
- Yang
- Wu
- Sun

Health benefits

- Improved flexibility
- Improved muscular strength
- Improved fitness



Health benefits

- Improved cardiovascular fitness
- Decreased blood pressure



Research supported benefits

- Increases in brain volume and improvements in memory and thinking
- Decrease in joint pain and stiffness



Additional researched benefits



- Reduced number of falls
- Improved mood and lowered anxiety

Modifying tai chi movements

- Tai chi forms can be modified to accommodate most any condition or limitation
 - Seated
 - Partially seated
 - Holding a chair
 - Limited range of motion or movement
 - Stop or rest if/when needed



Tai Chi in rural & agricultural regions

- Virtual
 - Cons –
 - Reliable internet
 - Navigating virtual platform
 - “Seeing” movements and progress
 - Participant difficulty following forms
 - Pros –
 - No to low cost
 - Can do anywhere
 - Less pressure for participants
 - Participate from anywhere
 - Almost unlimited number of participants



Tai chi in rural & agricultural areas

- In-person
 - Cons –
 - Pressure to learn the forms
 - May have to charge
 - People may be uncomfortable exercising around others
 - Limited number of participants
 - Pros –
 - Can be no to low cost
 - Easier to see participants' progress
 - Easier for participants to see instructor



What do farming & tai chi have In common?

- Improves strength
- Increases flexibility
- Decreases signs of arthritis
- Fall prevention - improves balance

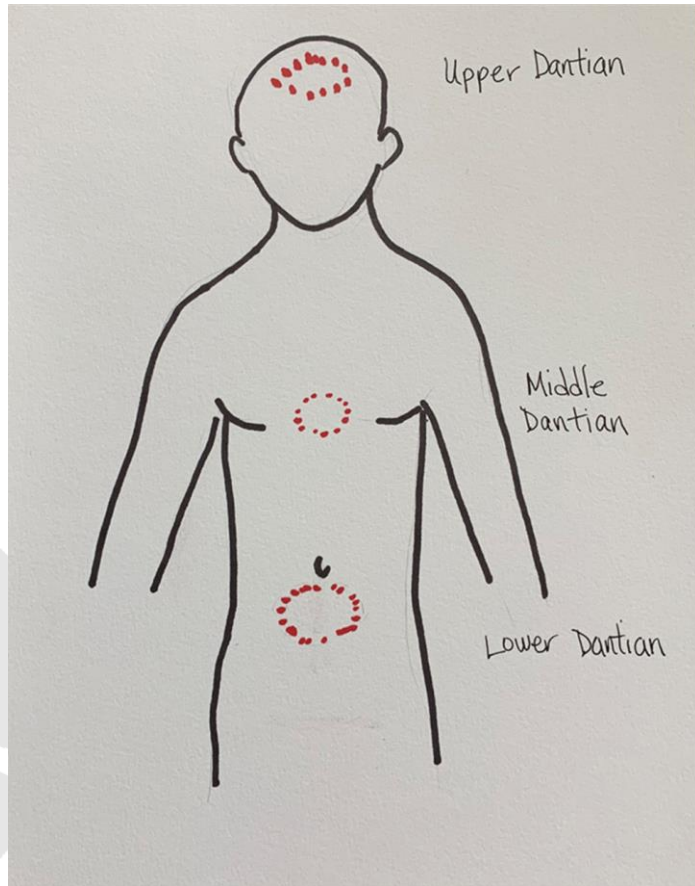


Wushu greeting (Tai chi greeting)

- Right hand in a fist: **Strength**
- Left hand, palm over fist: **Togetherness**
- Left thumb slightly bent: **Humility**



Dan Tian breathing



- An area three-finger width below the belly button
- The Dan Tian is central to everything we do in tai chi

Warm up

- Wushu Greeting
- Smile & Walk
- Neck – Head Down & Turn Head
- Shoulders – Roll & Gathering Qi
- Spine – Stretch & Turn
- Hip – Forward & Side Stretch
- Knees – Kick & Step Forward
- Ankles – Tapping & Flexing



Weight transference

- Stepping forward heel toe
- Stepping back toe heel
- Stepping to the side toe heel
- Weight transfers when foot is flat



Tai chi walking sun style



Cool down



- Thigh Punch
- Tense & Relax
- Gathering Qi

Tai chi forms

Basic Movements

1. Commencing Movement
2. Opening & Closing Hands
3. Single Whip (right)
4. Waving Hands in the Clouds
5. Opening & Closing Hands
6. Closing Movement

Advanced Movements

1. Brush Knee (right)
2. Playing the Lute
3. Parry & Punch
4. Block & Close
5. Push the Mountain
6. Opening & Closing Hands
7. Closing Movement

Our thanks to....



Ohio Department of Health

Please share your thoughts with us at:

www.go.osu.edu/TaiChi

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