

Therapeutic Tai Chi for TBI

To improve balance, reduce stress and improve cognitive performance

Topics

- What is Tai Chi
- How Does It Work for Fall Prevention?
- How Does Tai Chi Work for Cognition?
- How Does It Work for Cardiovascular Health?
- Tai Chi for Stress?
- Let Us Try It

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- B.S. – Holistic Studies/Wellness Management
- Master/Trainer – Tai Chi for Health Programs
- Authorized Teacher – Traditional Tai Chi Forms

WHAT IS TAI CHI?


- Taijiquan, Tai Chi Chuan – Supreme Ultimate Fist or Boxing
- Internal Martial Art
- China – Long History
- Olympic Sport in 2020?





Benefits / Studies

- Reduce Stress
- Improve Immune System Response
- Decrease Blood Pressure
- Increase Strength
- Increase Balance
- Improve Body Awareness
- Improve Mental Clarity
- Improved Function in ADLs
- Reduced Arthritis Pain



Aims of Exercise for People with Traumatic Brain Injury

- Stress
- Endurance
- Flexibility
- Strength
- Balance
- Mental Focus
- Improve Mood
- Socialization

Current Rheumatology Reports (2012; 14 [6], 598-603)

- "A new review of Tai Chi studies supports recommending Tai Chi practice to people with Rheumatological disease since the mind-body aspects of Tai Chi address components of physical fitness, pain reduction, and mental well-being. Practitioners demonstrated improvement in functional mobility, stress, anxiety and depression."

The effects of Tai chi exercise on balance, sleep quality, and cognitive performance

- **A randomized controlled trial of Tai chi for balance, sleep quality and cognitive performance in elderly Vietnamese.**
- [Manh Hung Nguyen](#) and [Andreas Kruse](#)
- Clin Interv Aging. 2012; 7: 185-190.
- Published online 2012 June 22. doi: [10.2147/CIA.S32600](https://doi.org/10.2147/CIA.S32600)
- PMID: PMC3396052

Australian Study

- Spring 2005 "Fall Prevention Newsletter" by Sydney South West Area Health Service.
- Largest fall prevention study in the world involving 712 people.
- 16 weeks of Tai Chi (80% of the participants did the Tai Chi for Arthritis program)
- Reduced the number of falls by almost 35%.
- Reduced risk of multiple falls by approximately 70%.

BENEFITS...continued

European Journal of Preventive Cardiology, April 4, 2012

- Older subjects who regularly practice Tai Chi found to have better arterial compliance and greater muscle strength than non-practitioners
- Those practicing Tai Chi for at least 1.5 hours a week for three years showed that the Tai Chi subjects were better in blood pressure, vascular resistance, and pulse pressure. Measurements also showed that both large and small artery compliance was significantly higher in the Tai Chi group (by 40-44%).
- Tai Chi training has been shown to improve cardiopulmonary function in patients with chronic heart failure and myocardial infarction.

Benefits of Tai Chi Therapy

- Increases muscle strength which supports and protects joints
- Increases stamina
- Increases flexibility (R.O.M.)
- Helps balance thereby reducing falls
- Improves posture/memory/relaxation

Compliance

- Enjoyable
- Exercise only works if you do it
- Easy to learn

Let's Do It!

