**FACT SHEET FOR HEALTH CARE PROFESSIONALS**

***Your patient would like to enroll in the Tai Chi for Arthritis class****.* ***This is some information about tai chi in general, what is special about this particular type of Tai Chi and how your patient will benefit from participating in the class.***

**What is Tai Chi?**

 Tai Chi is a slow moving, meditative exercise that began in ancient China.

 Tai Chi combines stress reduction with movement to improve health.

 Dr. Paul Lam, a Sydney Australia family practice doctor, developed Tai Chi for Arthritis especially for people with arthritis and elderly people with balance problems. He developed the form with input from rheumatologists, medical doctors and physical therapists.

**What are the benefits of Tai Chi for Arthritis?**

* Increases strength and flexibility
* Decreases pain in joints
* Decreases stress
* Helps reduce high blood pressure
* Increases sense of well-being.
* Improves balance and flexibility
* Reduces fall risk
* Increases muscle and bone strength

**What is some of the research behind Tai Chi?**

In the British Journal of Sports Medicine, 2001 June 35(3): 148-56, Dr. J.X. Li, et al.,

reported in “Tai Chi: physiological characteristics and beneficial effects on health” that Tai Chi rated as a moderately aerobic exercise.

The best known randomized study for fall prevention was conducted by Emory University in the USA. Called the FICSIT study (Frailty and Injuries: Cooperative Studies of Intervention Techniques). This study showed that Tai Chi reduces the rate of falls of the elderly by a massive 47.5 percent.

In a 2003 Journal of Rheumatology article, older women with osteoarthritis safely performed the 12-movement Tai Chi for Arthritis program and noted improvement of symptoms as well as improved balance and physical functioning.

**Who practices Tai Chi for Arthritis?**

Tai Chi for Arthritis has been officially adapted as theTai Chi form used by all arthritis foundations in Australia, UK and the Arthritis Foundation of America.

Over a million people around the world have learned Tai Chi for Arthritis.

**How can you encourage your patient to benefit from Tai Chi for Arthritis?**

* Complete the Participant Enrollment Form for your patient.
* Ask them about their Tai Chi practice when they come in for regular visits.
* Monitor the effect of tai chi on their report of pain, flexibility, and balance.

**Your local Certified Instructor is Deborah Yaffee.** [**www.EZTaiChiForHealth.com**](http://www.EZTaiChiForHealth.com) **413-834-3407**To find instructors in other locations, visit Dr. Lam’s website at [www.taichiforhealthinstitute.com](http://www.taichiforhealthinstitute.com)