

TAI CHI THE BEST FALL PREVENTION PROTOCOL

Dianne Bailey, CSCS, FAS, CTCI



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OPEN THE DOOR TO TAI CHI

Tai Chi for the Everyday Person



Dianne Bailey, CSCS

- 25 years Martial Arts experience
- 4th degree Black Belt Taekwondo
- Creator, Open the Door to Tai Chi
- Author, OTD to Tai Chi – Tai Chi for the Everyday Person
- Co-owner The Conditioning Classroom – Private, personal training

Like 34 people like this.

Prevention News

Health Benefits Of Tai Chi

3 Reasons You Should Try Tai Chi

And 3 ways to actually do that

By Kristen Demerutis



If you think tai chi is so Miyagi and The Karate update. Adding a little help lower your risk for Alzheimer's disease, ac



Positive Ageing

CT NEWS



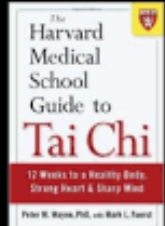
NEWS PAULINE CHAN

Health : Lifetime with Pauline Chan : Benefits of Tai Chi

Share

Scientific Evidence: "Claims of Tai Chi's health benefits are increasingly evidence-based, with more than 700 peer-reviewed, scientific publications in print and more than 180 randomized trials conducted, to date."

Peter M. Wayne, Ph.D., The Harvard Medical School Guide to Tai Chi, 2013.



Soothe your mind and body with this ancient, mindful art

FREE eTips at dummies.com

T'ai Chi FOR DUMMIES



Tai chi: A gentle way to fight stress

Tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance.

By Mayo Clinic staff

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.



Tai chi involves a series of movements performed in a slow, focused manner.

What is tai chi?

Tai chi is an ancient Chinese tradition that,

her as one



Local areas celebrate World Tai Chi Day

By Michelle Patterson www.pittsburgh Courier.com @MichellePatterson

Almost 80 communities will participate in World Tai Chi & Qigong Day including the United States. There are several areas throughout the region that will have community demonstrations this Saturday as part of the global health activity.

GREEN LANE
Four Green Lane Tai Chi & Qigong classes will start a World Tai Chi & Qigong Day celebration on Saturday from 9:30 to 11 a.m. The event will be held at Green Lane Park on the Green Lane side. The address of the park is 2144 Green Lane.

MIND

is gaining popularity these days. Each posture flows into the next, and each posture flows into the next.



There are eight main postures that are used in Tai Chi, making it generally safe for all ages and fitness levels. Although Tai Chi generally safe, women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis or a hernia should consult their health care provider before trying Tai Chi.



The NEW ENGLAND JOURNAL of MEDICINE

HOME ARTICLES & MULTIMEDIA ISSUES SPECIALTIES & TOPICS FOR AUTHORS CME

ORIGINAL ARTICLE

A Randomized Trial of Tai Chi for Fibromyalgia

Chenchen Wang, M.D., M.P.H., Christopher H. Schmid, Ph.D., Ramel Rones, B.S., Robert Kellah, M.D., Janeth Yirih, M.D., Don L. Goldenberg, M.D., Yoojin Lee, M.S., and Timothy McAlindon, M.D., M.P.H.
N Engl J Med 2010; 363:743-754 | August 10, 2010 | DOI: 10.1056/NEJMoa0912611

Why Tai Chi?

Benefits listed by **Mayo Clinic**:

- Reduces anxiety and depression
- Improves balance and flexibility
- **Reduces falls in older adults**
- Improves sleep quality
- Lowers blood pressure
- Increases energy, agility and overall feelings of well-being



Buzzworthy - \$34,000,000,000!



- Each year, millions of people 65 and older are treated in emergency departments because of falls.
- Over 700,000 patients a year are hospitalized because of a fall injury, most often because of a broken hip or head injury.
- Fall injuries are among the 20 most expensive medical conditions.
- The average hospital cost for a fall injury is \$25,000.

Buzzworthy - \$34,000,000,000!



From Johns Hopkins University, Hospital and Health System:

“According to the CDC falls are the leading cause of injury death for Americans 65 years and older. Each year, one in three adults 65 and older falls at least once. Approximately 30% of hospital patient falls result in physical injury, with 4% to 6% resulting in serious injury – with fractures the most common. **As many as 20% of hip fracture patients die within a year of**

Buzzworthy - \$34,000,000,000!

One study found that 12% of older adults who fell subsequently required long term nursing home care. Hip fractures are especially traumatic. Older adults who survive hip fracture often experience *significant disability and loss of independence*. After hospitalization, many hip fracture patients are discharged to nursing homes where up to 25% of these formerly independent older adults remain for at least a year.



Programs for Balance Training (NCOA)

A Matter of Balance

CAPABLE

Enhance Fitness

FallsTalk

FallScape

Fit & Strong!

Healthy Steps for Older Adults

The Otago Exercise Program

Stay Active and Independent for

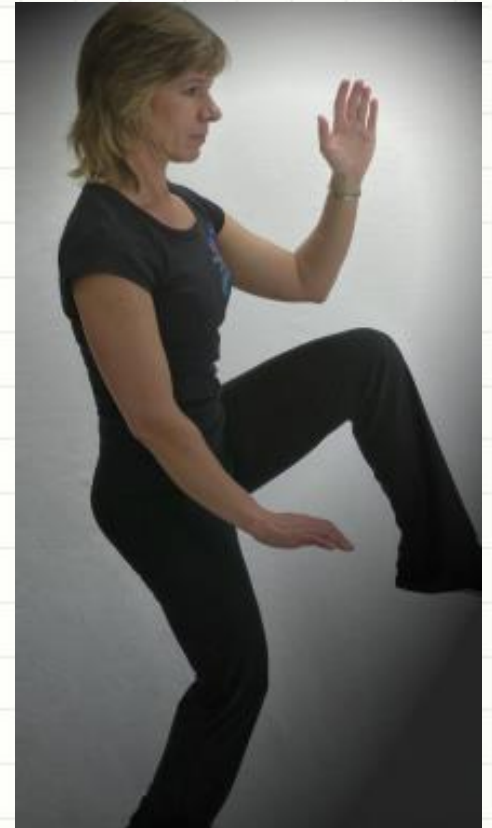
Techniques

- Gait improvement
- Leg strength
- Coordination/Ag
- 1-legged stances
- Unstable surface
- Cognitive work
- Vision work



**ALL OF THESE ARE SOLID
USEFUL
EVIDENCE-BASED**

*Why is Tai
Chi at the
bottom of
the list?*





It's too slow.



I don't have the time.

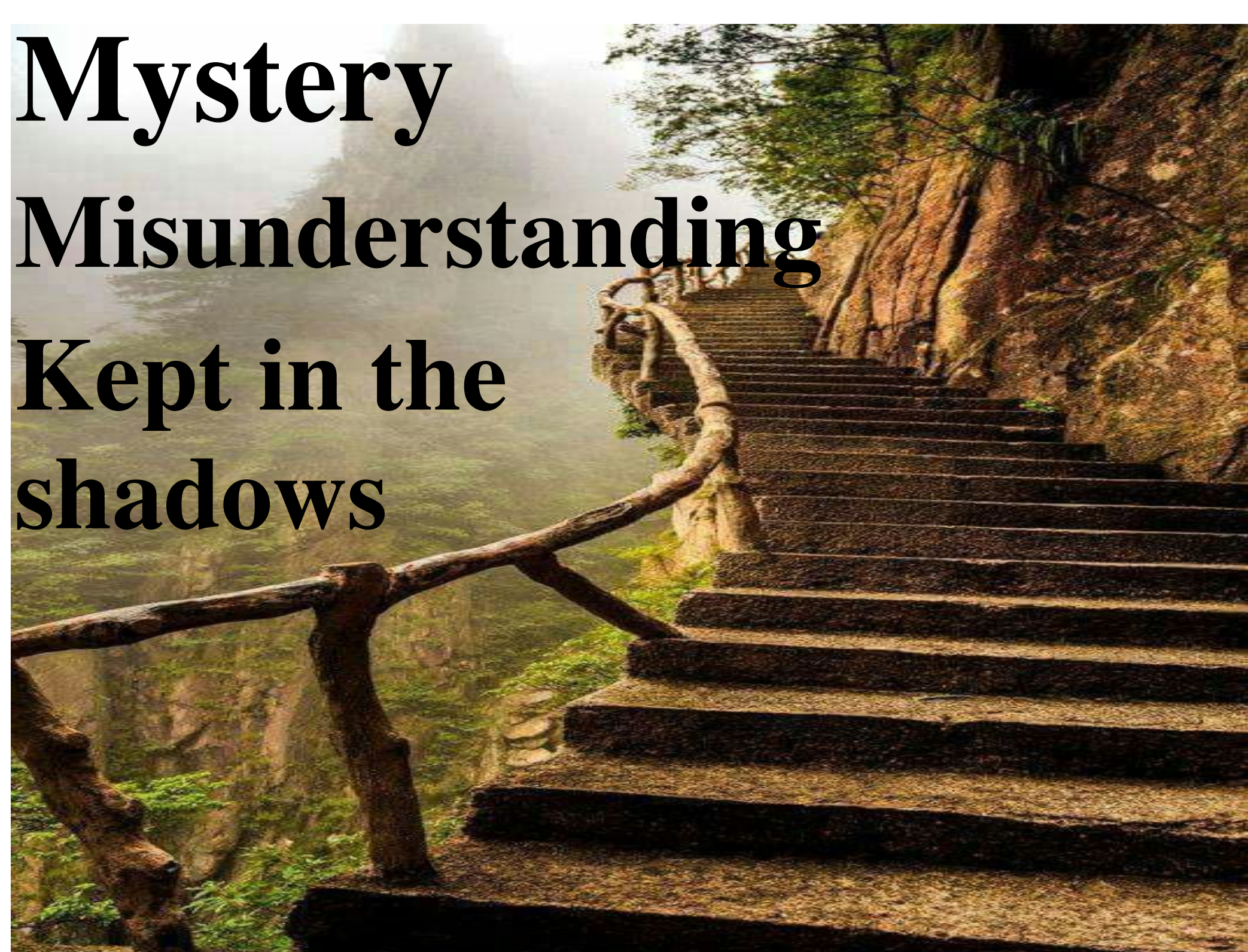
I'm not a martial artist.



Mystery

Misunderstanding

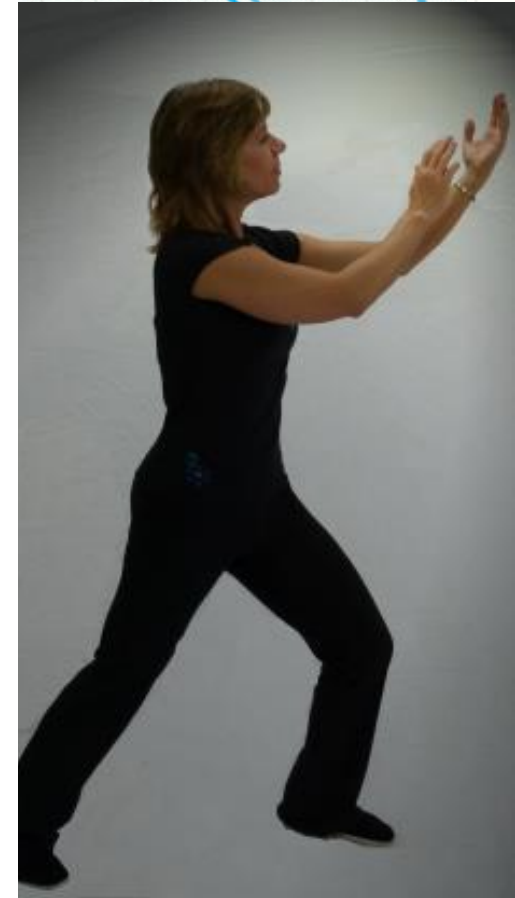
**Kept in the
shadows**



What is Tai Chi?

Tai Chi is a martial art that utilizes gentle, flowing movements to enhance health in the body and the mind.

Different Styles of Tai Chi



Chen
Yang
Wu
Sun



Yang Style 24 short form



Horizontal learning event vs.
Vertical learning event

What is Tai Chi?

Tai Chi is a martial art that utilizes gentle, flowing movements to enhance health in the body and the mind.

Internal vs. External style

External:
Separate.
Tense and
relax.

Emphasize power
and strength.



Internal vs. External style

Internal:
Unify body and mind.
Connecting moves.
Relaxed and yet
ready to strike.



What is Tai Chi?

Tai Chi is a martial art that utilizes gentle, flowing movements to enhance health in the body and the mind.

Tai Chi vs. Qigong

Qigong – Healing Arts
Separate movements

B

Tai Chi is a subset of Qigong

A

Martial Art

Flow of movements

Tai Chi vs. Yoga

Standing.
Never on
ground.
No inversions.



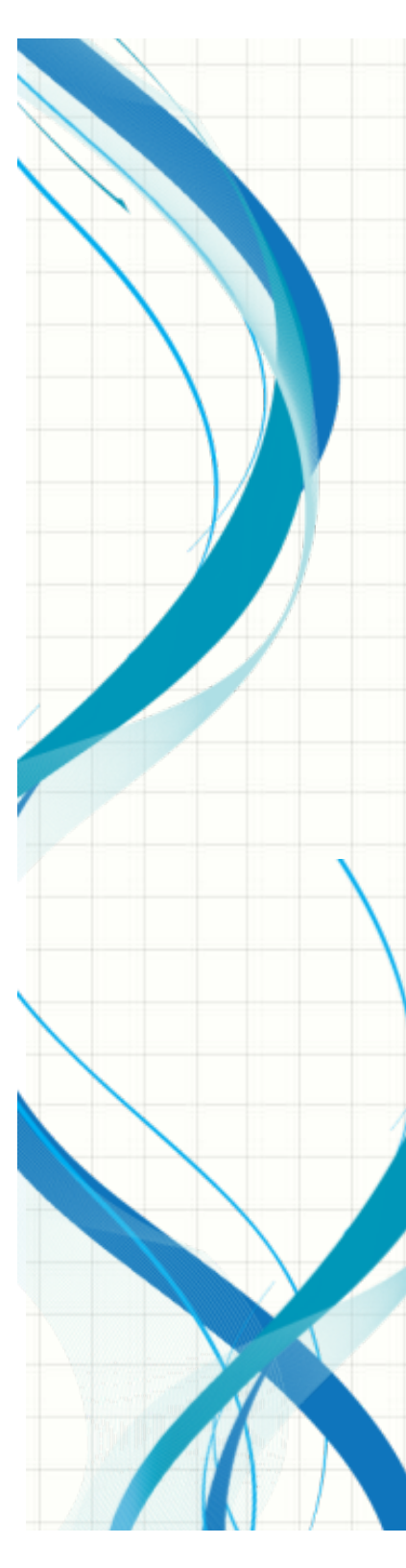
Easily modified for
hip, knee,
or I issues.



Why is Tai Chi best for Fall prevention?



Movement vs.




Why Tai Chi?

Tai Chi and Balance Control

Yong, A.M., C. Lan

Tai chi improves
static and




Why Tai Chi?

Tai Chi and Postural Stability in patients with Parkinson's Disease

Li, Fuzhong

Tai Chi training appears to reduce balance impairments in patients with mild to moderate PD, with additional benefits of improved functional capacity and **reduced falls.**



Why Tai Chi?

Executive functions are associated with gait and balance in community-living elderly people.

van Iersel MB, Kessels RP, Bloem BR, Verbeek AL, Olde Rikkert MG.

“In community-living elderly people, executive functions are associated with gait and balance impairment during a challenging dual-task condition that also depends on executive integrity.”

Long-term Tai Chi Practitioners Have Superior Body Stability under Dual Task Condition during Stair Ascent

QipengSongaLiLibCuiZhangcWeiSuncDeweiMao

Stair walking contributed to 26% of self-reported falls to become the leading cause of accidental death for the elderly. **The risk of falling increases while performing a cognitive task, like talking and/or reasoning.**

This study found that older adults going up stairs in a dual-tasking condition (doing two things at once), had more issues with function and increased fall risk when compared to Tai Chi practitioners of the same demographic. **The Tai Chi group had "superior bodily stability" during the task, therefore significantly decreasing fall risk.**

Tai Chi and the Brain

Cognitive improvement
= balance improvement!

- Challenges mental Focus
- Works on memorization
- Practice putting different concepts together
- Forces clients to cross the midline which improves mental functioning and working memory
- Provides a unique social experience





HOW DOES TAI CHI IMPROVE BALANCE?



Basic Principles

- *Columns
- *Rotation
- *Substantial and Insubstantial
- *Moving from the dan tian
- *Ball of energy/Circular movements
- *Being rooted and grounded
- *Relaxation and connectedness
- *Breathing

Tai Chi – EASY BUTTON!

- Accessible to all ages and abilities
- No equipment
- Easy to learn
- Translates to real life
- Social activity



**Excellent Fall
Prevention!**

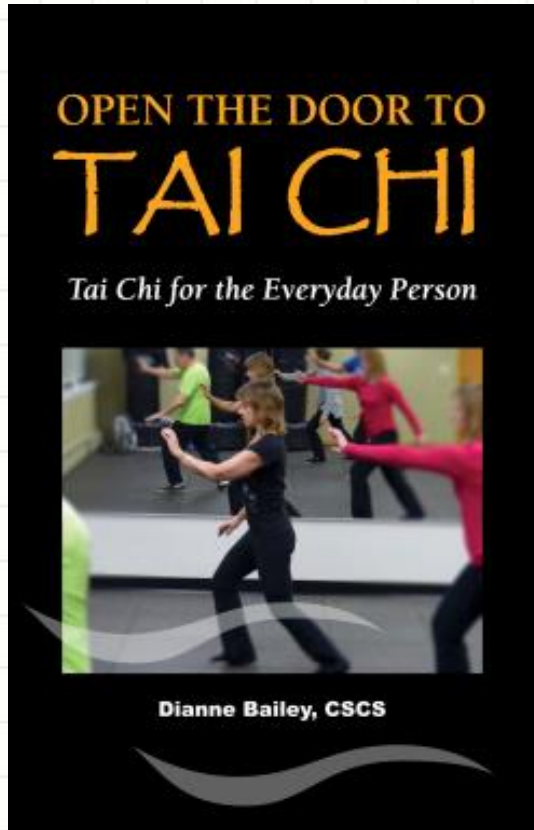
Open the Door to Tai Chi

You can learn it and teach it.



Start providing the benefits that we want to provide to our clients!

Parts 1 & 2



History,
Individual
Movements

Part

3

Learning how to teach

Incorporating
principles

How to organize

classes

24 class plans





OPEN THE DOOR TO



TAI CHI

ACE
**APPROVED
PROVIDER**



AFAATM

**APPROVED
PROVIDER**



**APPROVED
PROVIDER**



Open The Door To Tai Chi

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THANK YOU!

