

# TAI CHI

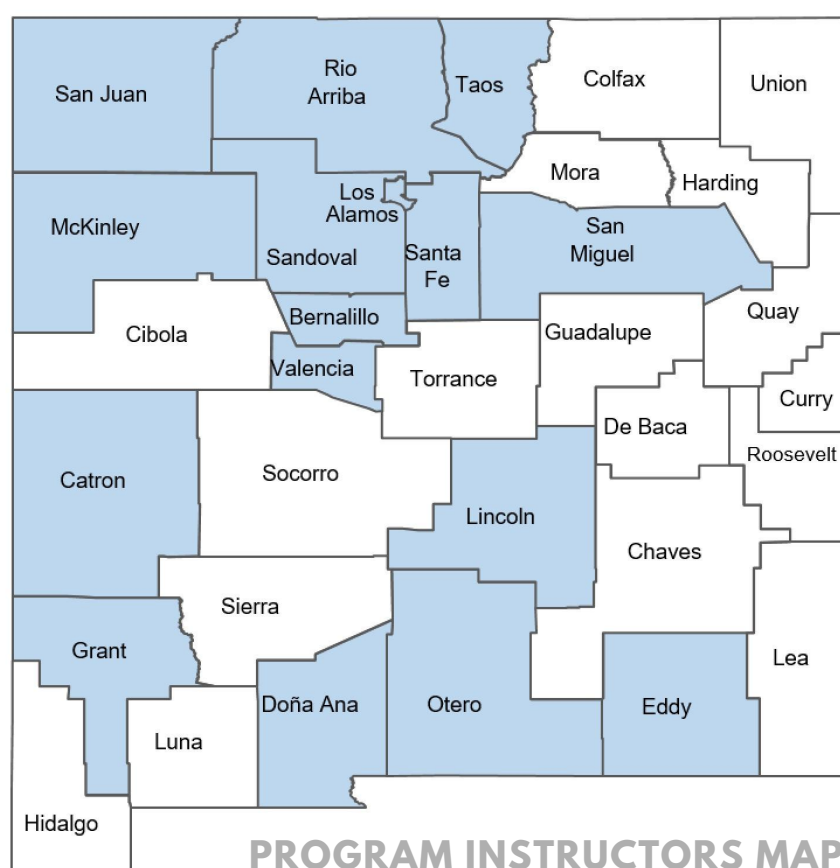
## FOR ARTHRITIS

@NMDOH



### WHAT IS TAI CHI FOR ARTHRITIS?

Tai Chi for Arthritis was created by the Tai Chi for Health Institute and is recommended by the Centers for Disease Control. The intervention is an evidence-based fall prevention exercise program that improves muscle strength, flexibility, balance, and mobility while reducing joint pain and stiffness. More information can be found at [TaiChiForHealthInstitute.org](http://TaiChiForHealthInstitute.org)



### MEET THE CREATOR

#### DR. PAUL LAM

In 1997, Dr. Paul Lam, a family physician and Tai Chi master, led a team of Tai Chi and medical specialists to create a community program. The program was designed to be easy, enjoyable and safe for people with arthritis to learn. Tai Chi for Arthritis has been quickly adapted with over one million people becoming certified instructors. Health departments around the world have utilized the program as an effective adult falls prevention strategy for beginners. Tai Chi for Arthritis is based on Sun-style Tai Chi, chosen because of its unique Qigong and healing component. Besides the fundamental set of 12 Tai Chi movements, the program contains a warm-up, wind down, and Qigong breathing exercises. Medical studies have shown the program to relieve pain in arthritis patients, prevent falls in older adults and improve overall health.

**47%**

**REDUCED FALL-RISK**

**8 WEEK COURSE INSTRUCTION**

**2 SESSIONS A WEEK**

**12 FUNDAMENTAL TAI CHI MOVEMENTS**



**ADULT FALLS PREVENTION**  
NEW MEXICO'S EVIDENCE-BASED INTERVENTIONS  
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