

Tai Chi for Arthritis for Fall Prevention

What is Tai Chi for Arthritis for Fall Prevention?

Dr Paul Lam and his team of medical and tai chi experts designed this program to be safe and effective for people who are at increased risk of falling. It will also provide health benefits and improve almost anyone's quality of life.

Based on the Sun style of tai chi, Tai Chi for Arthritis for Fall Prevention (TCAFP) is easy to learn, effective and safe. It improves flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance, and integrates the mind and body.



The TCAFP program includes warm up and cool down exercises, the teaching method, knowledge about arthritis and the cause of falls, and how to teach this program safely. This program is the same as the Tai Chi for Arthritis program with the addition of a specialized module to further enhance its efficacy in preventing falls.

Qualified participants who successfully complete the course will be invited to become a TCHI Board registered instructor.

Thousands of people around the world have gained health benefits from the TCAFP program. Many scientific studies have shown that the program relieves pain, improves quality of life and make people feel better. Studies also shown the program prevent falls; that is why the [Center for Disease Control and Prevention](#) recommends it for this purpose. It is supported by many Arthritis Foundations including the USA, Australia and UK.

Reasons to Come

- Learn how to teach this program effectively and safely
- Discover how tai chi improves health and arthritis
- Learn Dr Lam's Stepwise Progressive Teaching Method
- Gain essential knowledge about arthritis and fall prevention
- Learn about the essential principles of tai chi
- Improve your level of tai chi in a positive, enjoyable and interactive environment



Requirements

Anyone is welcome to attend, but in order to qualify to be certified as an instructor, please check the recommended qualifications listed below.

- Physical therapists or physiotherapists
- Tai chi teachers or advanced students
- Exercise instructors
- Other similar professionals



By the Completion of the Workshop you will:

- Know the Tai Chi for Arthritis for Fall Prevention set at a deeper level
- Understand how tai chi improves health and relaxation and helps to prevent falls
- Have learned how to teach this program effectively and safely
- Have improved your tai chi skill and knowledge
- Have learned how to attract and retain more students



Clothing

Wear loose comfortable clothes and flat shoes suitable for exercise.

NB: The name of the Master Trainer authorized by Dr Lam to conduct this workshop is displayed on the workshop location and details page.

Tai Chi for Health Program Updates

At this workshop instructors have an opportunity to update their other Tai Chi for Health certifications. A written assignment is required and a fee applies.

For Australia only

If you are currently qualified as an Instructor through the National Martial Arts Instructor Accreditation Scheme, you will be qualified as a Tai Chi for Health Instructor upon successful completion of the program. All other persons will be qualified as Leaders of the program.

For USA only - Optional Continuing Education Hours Available

***The American College of Sports Medicine's Professional Education Committee certifies that
"Tai Chi for Health Institute" meets the criteria for official ACSM
Approved Provider status
from 2015 – December 2018. Providership # 701292***

The Tai Chi for Health Institute is approved as a provider of continuing education by the Kansas State Board of Nursing. The course offering is approved for up to 14 contact hours applicable to RN, LPN, or LMHT relicensure. KS State Board of Nursing Provider Number (SP1359-0117).