

Tai Chi for Arthritis

- a simple and safe program, proven to help people with arthritis

What Is Tai Chi?

Tai chi was created based on nature and harmony. The gentle flowing movements contain inner power that strengthens the body, improves mental balance and brings better health and harmony to people's lives.

Nowadays tai chi is practised mostly for health improvement. There are many forms of tai chi. It is important for beginners to find a safe and enjoyable form and the right teacher.

What Is Tai Chi for Arthritis?

A specially designed program has many advantages. In 1997, Dr Paul Lam, a family physician and tai chi master, led a team of tai chi and medical specialists to create this unique program. It is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of lives. For this reason, arthritis foundations around the world are giving it their full support.

By 2010, over one million people have learnt the program to improve their health. Although especially effective for arthritis, it is also suitable for any beginner for health improvement and effective to prevent fall.

The Tai Chi for Arthritis program is based on Sun style tai chi, chosen because of its unique Qigong and healing component. Besides the fundamental set of 12 movement tai chi, it contains warm-up, wind-down, and Qigong breathing exercises.

How Does It Work?

Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness.

Increased muscular strength supports and protects joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Stamina or fitness is important for overall health and proper function of your heart, lungs, and muscles.

Tai Chi for Arthritis helps people with arthritis to improve all these and more. Additional benefits include improving relaxation, balance, posture, and immunity.

Tai chi is designed to enhance Qi. Traditional Chinese medicine believes that Qi is the life energy essential to good health and longevity. Tai Chi for Arthritis is especially effective because of its powerful Qigong exercises to enhance healing.

Medical evidence is the best proof of what really works. There are several good studies showing people with arthritis who practiced this program have had pain relief and improved physical function. Their balance was improved with risk of falls reduced. Studies also show the program is safe and easy to learn¹.

1. *References available on request.*

How to Learn the Program?

For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

1. Use Dr Lam's instructional (like virtual lessons) DVD, and his book "Overcoming Arthritis" which has many photos and instructions.
2. Find an instructor who understands your condition and is learner friendly. Dr Lam and his master trainers have trained thousands of instructors/leaders of this program. You can find them through your local arthritis foundation, online at Dr Lam's website or contact his office.
3. Persevere with your practise. Give yourself time to get to enjoy Tai Chi for Arthritis and its health benefits.

Arthritis
A U S T R A L I A

Supported by Arthritis Foundation of Australia,
Arthritis Care of UK, and
Arthritis Foundation of America.



Dr Paul Lam, Tai Chi Productions: 4 - 6 Fisher Place Narwee NSW 2209 Australia
Phone: + 61 2 9533 6511 Fax: + 61 2 9534 4311
www.taichiforarthritis.com e-mail: service@taichiforarthritis.com