



## What is Tai Chi for Arthritis and Fall Prevention?

Tai Chi for Arthritis and Fall Prevention is an evidence-based program developed by Dr. Paul Lam that is designed to reduce the fear of falling and improve relaxation and balance in older adults who have concerns about falls. Classes help participants learn to:

- Improve balance, muscular strength, mobility, and flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

### **Workshop Structure**

Tai Chi for Arthritis and Fall Prevention is an interactive exercise class comprised of slow, deliberate movements. Content includes:

- Warm-up and cool down exercises
- One or two movements per lesson
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance

### **Program Length, Duration and Methods of Delivery**

- Meets once a week for 16 weeks or twice per week for 8 weeks
- Session duration is 1 hour
- Led by a TCHI Board Certified Instructor
- An average class size of 12-15 participants is recommended and limited to 20 participants
- Offered face-to-face or using an online platform such as Zoom (**technical assistance is provided**)

### **Target Audience**

Designed to benefit older adults:

- With or without arthritis, rheumatic or related musculoskeletal conditions
- With mild, moderate, and severe joint involvement and back pain
- Without arthritis who have a higher risk of falling
- Are age 60 or older



### **HOW TO DISCUSS WITH PATIENTS**

Older adults highly value their independence and worry about the implications of being labeled as a fall risk. They may not openly discuss fears or concerns they have about falling. As such, it may be necessary for you to initiate the discussion. It is important to highlight to your patient that Tai Chi for Arthritis and Fall Prevention helps people with arthritis to improve balance both mentally and physically, thus significantly reducing the rate of fall of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.