

# Tai Chi for Neurological Disorders

TPTA Annual conference 2019 October 13, 2019; Woodlands, TX

#### **Course Description**

This 2-hour course will include an introduction to Tai Chi history, Tai Chi styles & forms, Tai Chi exercise parameters & precautions for patients with common neurologic disorders, common assessments used after Tai Chi practice, breathing pattern integration with Tai Chi performance, & the body mechanics during practice. Using an evidence-based approach and current literature, the speakers will present Tai Chi as a viable and valuable intervention for individuals with movement system dysfunction.

#### **Speakers**

Hao (Howe) Liu, PhD, PT, MD Professor University of North Texas Health Science Center, Department of Physical Therapy; Fort Worth, TX

Myles Quiben, PT, PhD, DPT, MS Board Certified Clinical Specialist in Geriatric and Neurologic Physical Therapy (GCS, NCS) Associate Professor and Interim Chair University of North Texas Health Science Center, Department of Physical Therapy; Fort Worth, TX

Sonali Aggarwal, SPT University of North Texas Health Science Center, Department of Physical Therapy; Fort Worth, TX

## Disclosures

No speaker disclosures regarding relevant financial relationships, conflicts of interest, or bias related to the content of this presentation.

## **Learning Objectives**

Upon completion of this course, the participant will be able to:

- 1. Discuss the basics of Tai Chi history, styles, forms, & common TC exercise parameters & precautions.
- 2. Understand how & why integration of breathing with TC performance is important for Tai Chi practitioners.
- 3. Present the benefits of Tai Chi practice for individuals with neurological conditions such as Parkinson disease, cerebrovascular accident, multiple sclerosis, spinal cord injury, and traumatic brain injury.
- 4. Demonstrate a simple 6-form Tai Chi.

## **Discussion Points**

Introduction and History of Tai Chi Practice

- What is Tai Chi?
- Yin-Yang Theory: What is Yin-Yang theory?
  - How Yin-Yang theory is integrated in Tai Chi
- Tai Chi posture and movement patterns
- Different Styles and Forms of Tai Chi
  - Characteristics of different Styles
  - Forms in Tai Chi

Tai Chi practice on Movement: Impact on Movement; Assessment

- Four Characteristics of Tai Chi movement
- Health and systems-based effects of Tai Chi
- Effects of Tai Chi practices on movement
- Patient outcomes influenced by Tai Chi practice
- Assessment tools for Tai Chi exercise



Tai Chi for Neurological Conditions

- Movement dysfunction associated with neurological conditions
- Evidence-based discussion on the benefits of Tai Chi for individuals with neurological conditions:
  - Parkinson disease
  - Cerebrovascular accident
  - Multiple sclerosis
  - Traumatic brain injury
  - Spinal Cord Injury
- What parameters are used in different neurological conditions?

Panel Discussion: Questions & Answers

## Tai Chi practice

\*\*Please wear comfortable clothing that will allow you to participate in the performance of a simple 6-form Tai Chi

# **Recommended Readings prior to the conference:**

Huston P, McFarlane B. Health benefits of tai chi: What is the evidence? *Canadian Family Physician*. 2016;62(11):881-890.

# Selected References:

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- Shem K, Karasik D, Carufel P, Kao M-C, Zheng P. Seated Tai Chi to alleviate pain and improve quality of life in individuals with spinal cord disorder. *The Journal of Spinal Cord Medicine*. 2016;39(3):353-358. doi:<u>10.1080/10790268.2016.1148895</u>
- Xie G, Rao T, Lin L, et al. Effects of Tai Chi Yunshou exercise on community-based stroke patients: a cluster randomized controlled trial. *Eur Rev Aging Phys Act.* 2018;15(1):17. doi:<u>10.1186/s11556-018-0206-x</u>
- Azimzadeh E, Hosseini MA, Nourozi K, Davidson PM. Effect of Tai Chi Chuan on balance in women with multiple sclerosis. *Complementary Therapies in Clinical Practice*. 2015;21(1):57-60. doi:<u>10.1016/j.ctcp.2014.09.002</u>
- 5. Blake H, Batson M. Exercise intervention in brain injury: a pilot randomized study of Tai Chi Qigong. *Clin Rehabil.* 2009;23(7):589-598. doi:<u>10.1177/0269215508101736</u>
- Burschka JM, Keune PM, Oy UH, Oschmann P, Kuhn P. Mindfulness-based interventions in multiple sclerosis: beneficial effects of Tai Chi on balance, coordination, fatigue and depression. *BMC Neurol*. 2014;14(1):165. doi:<u>10.1186/s12883-014-0165-4</u>
- 7. Gao Q, Leung A, Yang Y, et al. Effects of Tai Chi on balance and fall prevention in Parkinson's disease: a randomized controlled trial. *Clin Rehabil*. 2014;28(8):748-753. doi:10.1177/0269215514521044