



IMG PHYSICAL THERAPY

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Introduction to Tai Chi

What is Tai Chi?

Tai Chi is a form of martial arts that originated in China. It consists of slow, flowing movements in addition to deep/slow breathing. Due to our busy lives, sometimes it is very challenging to find the time to exercise. The great part about performing Tai Chi is that it has the ability to exercise your body while calming your mind from daily stressors!

Benefits of Tai Chi in Clinical Research:

Several research articles have proven performing Tai Chi has been shown to assist with:

- Walking/Balance
- Range of motion/Flexibility
- Strength
- Relaxation
- Decrease blood pressure
- Decrease risk/prevalence of falls
- Mental Health
- Arthritis
- COPD
- Parkinson's Disease
- Cognitive Acuity

Follow this Guide:

Please utilize the seated Tai Chi guide if you have problems standing, poor balance, or any other difficulties when attempting to perform the standing exercises. While performing these exercises, make sure you are focusing on breathing in order to promote relaxation. However, do not get distracted on the breathing methods as it may shy away from the focus of the exercise portions. Inhale and exhale throughout your motions.

If you have any questions, trouble, pain, or difficulty performing these exercises please contact IMG-PT (610-944-8140)

Standing Tai Chi



Preparation:

Stand tall and relaxed with feet shoulder width apart. Have a slight bend in your knees.



Raise Hands:

-Leading with soft arms raise both arms to shoulder height then slowly lower to meet back at your thighs.

-Perform 5 repetitions.



Hold Ball:

-Hold the ball on the right with slight rotation to the right. While looking left step to the left leading with your toe.

-Step with your right foot in and hold the ball on the left. Repeat to the other side.

- Perform 5 repetitions.



Part the Wild Horse's Mane:

- Hold the ball on the right.
- Look left, step left leading with your heel.
- Hands pass over one another.
- Extend your arms apart and shift weight left.
- Unweight left toes and pivot.
- Unweight right leg and step foot in with ball on the left.
- Perform 5 repetitions.



Single Whip:

- Hold ball on the right.
- Relax your right hand downward and unweight your left heel. Pivot on the ball of your foot while extending the right arm out to the side.
- Step to the left and sweep the left palm across the face, rotating the palm away from the face and extending the left arm.
- Unweight your left toes and pivot left with your foot straight ahead.
- Step right foot in hold the ball on the left and repeat to the other side.
- Perform 5 repetitions.



Closing:

-Hold ball in the middle with feet shoulder-width apart.

-Cross your wrists in front of your heart.

-Uncross your wrists extending your elbows with your arms straight ahead and palms down.

-Place hands at side and step together with feet touching.

Seated Tai Chi



Preparation:

Find a comfortable chair. Scoot until your bottom is forward and sit tall and relaxed with feet shoulder width apart and palms on upper thighs.



Raise Hands:

-Gently raise your arms leading with your wrists. Your hands should rise to your shoulder height. Then, gently float your hands down to rest on your thighs.

- Perform 5 repetitions.



Hold the Ball:

-Hold a ball on the right side of your body while your trunk is rotated to the right. Turn your head to the left.

-Next, step left leading with the toe step out then back in and transition the ball to the left. Repeat on the left side.

- Perform 5 repetitions.



Part the Wild Horse's Mane:

-Hold a ball on the right side of your body with right trunk rotation while looking to the left.

-Leading with your heel, place your left foot to the left. Hands cross over head over while you continue to flow your arms apart and shift left.

-Step the left foot back in and hold your ball on the left. repeat to the other side.

- Perform 5 repetitions.



Single Whip:

-Hold a ball on the right side of your body with right trunk rotation while looking to the left.

-Relax the right hand so fingertips are facing the floor. Lift left foot so heel is on the ground while you move the right arm backwards. Sweep the left hand (palm out) across the face and extend the left arm.

-End with ball in the middle.

- Perform 5 repetitions.



Closing:

Hold ball on the right with your feet shoulder width apart. Cross your wrists in front of your heart palms facing in. Uncross wrists extending your elbows out in front. Arms go down to rest on your thighs.