

Tai Chi for Arthritis

Lorrissa Dunfee, FCS Educator, Belmont Co.

Misty Harmon, FCS Educator, Perry Co.

Roseanne Scammahorn, FCS Educator, Darke Co.

Ken Stewart, FCS Educator, Monroe Co.



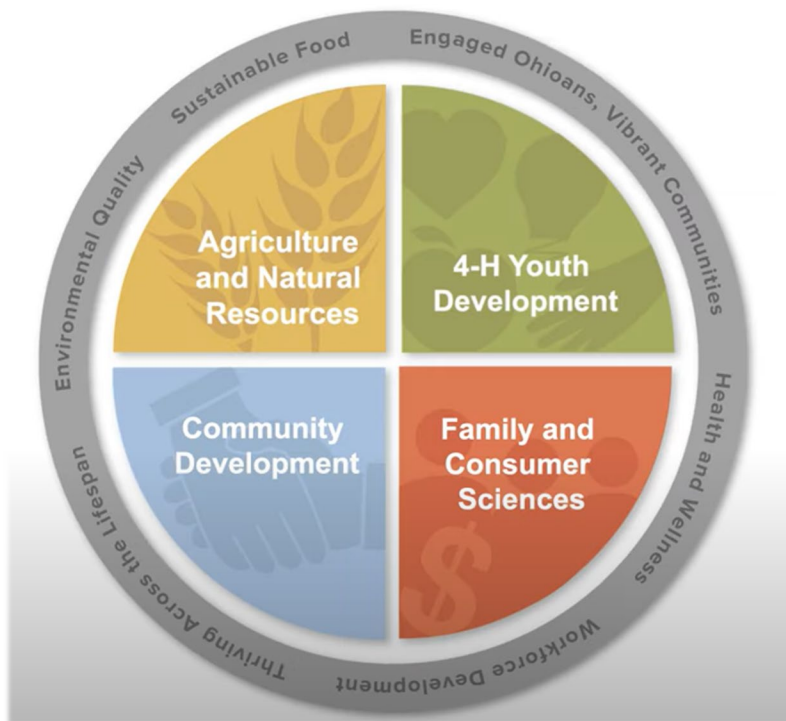
THE OHIO STATE UNIVERSITY

EXTENSION

Where We Live and/or Work



OSU Extension is...



- An education-driven organization that promotes lifelong learning
- A disseminator of the latest research and technologies to increase productivity and expand the state's economic base.
- A statewide network – with a presence in every county – that links individuals, communities, and businesses to research and resources of The Ohio State University.

This presentation is available in alternative media upon request

This presentation is available in alternative media upon request.

Where trade names or vendors appear, no discrimination is intended and no endorsement by Ohio State University Extension is implied.

This institution is an equal opportunity provider.



What is Tai Chi?



TM

Purpose of Tai Chi

It is a safe way to empower people to improve their health and wellness and reduce their risk of falls.



Styles



- Chen
- Yang
- Wu
- Sun

What are the health benefits?

- Improved flexibility
- Improved muscular strength
- Improved fitness



What are the health benefits?

- Improved cardiovascular fitness
- Lower blood pressure



Research Supported Benefits

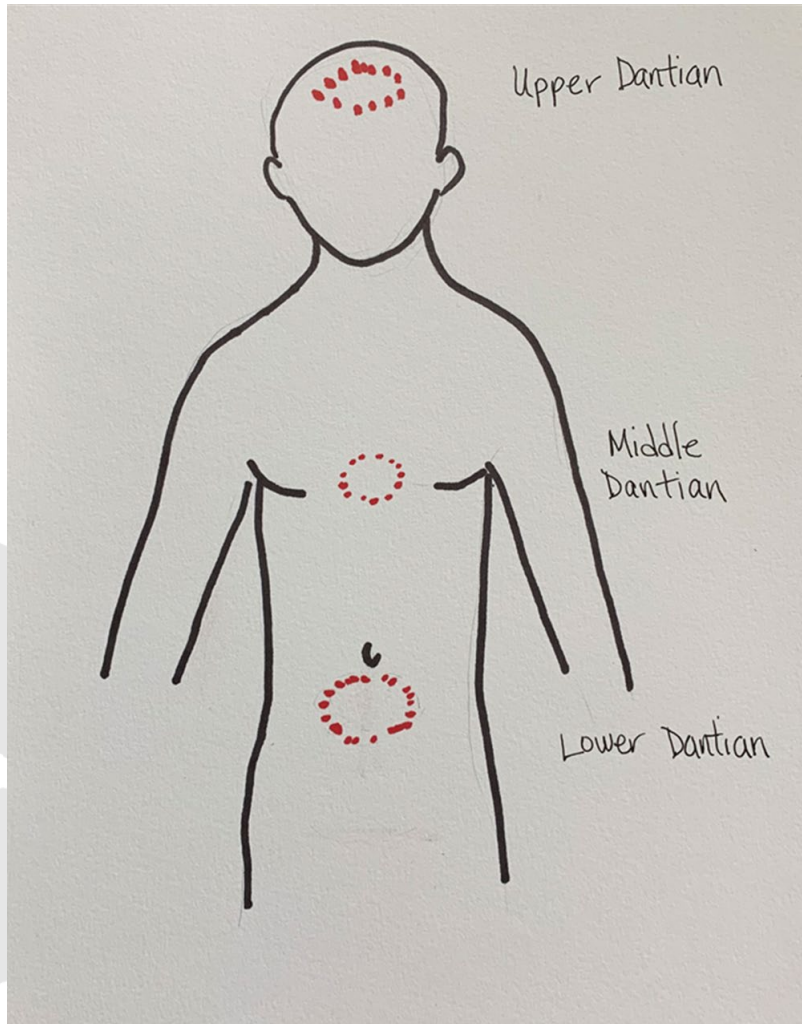
- Increases in brain volume and improvements in memory and thinking
- Decrease in joint pain and stiffness
- Decreased blood pressure
- Improved mood and lowered anxiety

Wushu Greeting (Tai Chi Greeting)

- Right hand in a fist, **Strength**
- Left hand, palm over fist **Togetherness**
- Left thumb slightly bent **Humility**



Dan Tian breathing



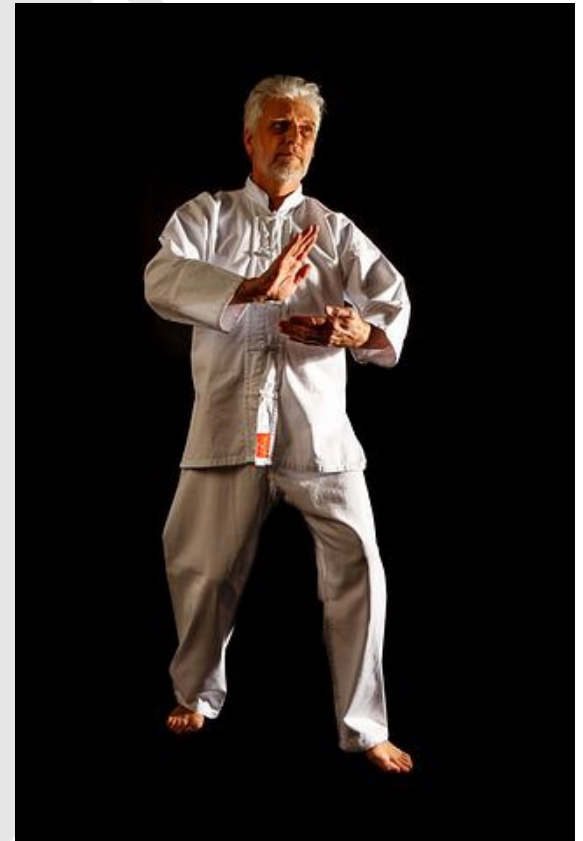
- An area three-finger width below the belly button
- The dan tian is central to everything we do in tai chi

Warm up

1. Wushu Greeting
2. Smile & Walk
3. Neck – Head Down & Turn Head
4. Shoulders – Roll & Gathering Qi
5. Spine – Stretch & Turn
6. Hip – Forward & Side Stretch
7. Knees – Kick & Step Forward
8. Ankles – Tapping & Flexing

Weight transference

- Stepping forward heel toe
- Stepping back toe heel
- Stepping to the side toe heel
- Weight transfers when foot is flat



Tai Chi Walking Sun Style



Cool down

1. Thigh Punch
2. Tense & Relax
3. Gathering Qi



Tai Chi Movements

Basic Movements

1. Commencing Movement
2. Opening & Closing Hands
3. Single Whip (right)
4. Waving Hands in the Clouds
5. Opening & Closing Hands
6. Closing Movement

Advanced Movements

1. Brush Knee (right)
2. Ig the Lute
3. Parry & Punch
4. Bock & Close
5. Push the Mountain
6. Opening & Closing Hands
7. Closing Movement

Fall Program & Contact Info




TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes
 Mon., Wed., & Fri, 9:30-10:30 p.m., Sept. 19 – Oct. 31
All Ages Are Welcome

Decrease Arthritis Pain and Helps Prevent Falls • Increased Flexibility
 Can be Done Seated or Standing • Improve Physical and Mental Balance

WHERE: Virtual Classes [Register to receive a Zoom link for access to these classes]

COST: No charge- courtesy of OSU Extension
 Please **register asap** to reserve your spot!

REGISTER:

For more information, contact Lorissa Dunfee dunfee.54@osu.edu or Rae Baker baker.782@osu.edu
 You may also contact your local County OSU Extension office for more details.

Developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI) the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults.



THE OHIO STATE UNIVERSITY
 EXTENSION

Belmont County OSU Extension
belmont@osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis.
 For more information, visit cfaesdiversity.osu.edu.
 For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Our thanks to....



Ohio Department
of Health

Please share your
thoughts with us at
www.go.osu.edu/TaiChi

Access code:

R_1I6SxiK54VFkyla