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Tai Chi for Rehabilitation – LEVEL II

COURSE OUTLINE

Preparation: (2 hours)

1. 1 hour of reading homework

- As part of registration, participants will be provided, upon registration, with the book: *Essential Concepts of Tai Chi* by William Ting. Participants are required to read the following pages as preparation for this Level II workshop:
 - Chapter Three – Fundamental Principles of Correct Tai Chi Practice

2. 1 hour of case study homework

- Participants are to prepare a case study based on their use of Tai Chi as a therapeutic exercise with one of their patients since attending the last workshop. Sample will be provided to participants for appropriate format and contents.

Day One: 8 – 3:30 (6 Contact hours)

Review of Forms and Principles (4 hours)

- 7:30 – 8:00 Registration and breakfast
- 8:00-8:30 Introduction and Discussion
 - Examples of therapeutic use of Tai Chi since first course
 - Questions
- 8:30 – 9:15 Movement Lab I:
 - Review of Principles through movement: Dr. Paul Lam's warm-up:
 - External Principles
 - Postural Alignment
 - Continuous movement
 - Moveing against a gentle resistance
 - Weight transference
 - Internal Principles
 - Dan Tian breathing
 - Jing – serenity of mind
 - Song – expanding/gentle traction to the joints
- 9:15 – 9:30 Small group practice/refinement/questions
 - Refinement of movement
 - Feedback and corrections to postural misalignments

- 9:30 – 10:15 Moving through Tai Chi for Rehabilitation Form
 - The importance of Waving Hands in Clouds
 - Lateral stepping
 - Lateral weight shift
 - Contralateral movement
 - Shoulder girdle stabilization
 - Internal rotation around COG
- 10:15 – 10:30 Break
- 10:30 – 11:15 Movement Lab: Warm up and Form- Modifications
 - How to modify for various diagnoses and disabilities
 - How to modify for specific therapeutic benefit
- 11:15 – 11:30 Applying the Principles
 - Writing down the principles
 - Movement pattern = which principle = therapeutic application/diagnosis
- 11:30 – 11:45 Tai Chi Walk
 - Forward Weight Shift
 - Stepping with 90 degree angle of force/Emptying and Filling
 - Moving around the Dan Tian (COG)
 - Eye Gaze
 - How to Modify the Tai Chi Walk for various disabilities
 - Applying Tai Chi Walk to:
 - Hip Fx
 - CVA
 - Vestibular Disorder
- 11:45 – 12:00 Half day wrap up
 - Questions and Answers
- 12-1 Lunch

1-3:30 Deepening Application (2.0 contact hours)

- 1-2:00 Review of homework case studies
 - Small group discussions and assimilation of case study experience
 - Large group discussion and assimilation of case study experience
- 2:00 – 2:15 Break
- 2-3:15 Case Study-application of Tai Chi Principle(s) through movement:
 - Apply and **demonstrate the following** for each individual case study
 - Use of one warm up movement to address deficit
 - explain principle used and its therapeutic relevance
 - Use of one tai chi form movement to address deficit;
 - explain principle used and its therapeutic relevance
 - Modification of one form to promote therapeutic benefit and improved safety
- 3:15 – 3:30 Wrap up and Cool Down exercise

Day Two



8-12:15 Deepening Therapeutic Principles (4 Contact hours)

- 7:30 – 8:00 Registration and breakfast
- 8:00 – 9:00 Discussion & Movement Lab: Deepening Understanding of Tai Chi principles:
 - 24 Postural “musts” Upper Body
 - Applying upper body Postural “musts” in QiGong: Upper Body
- 9:00 – 9:45 Documentation
 - Participants will complete documentation activity based on their case study;
 - Review and constructive feedback on documentation samples
- 9:45 – 10:30 Movement Lab: Deepening Understanding of Tai Chi Principles: L
 - 24 Postural “musts” Lower Body
 - Applying upper body Postural “musts” in QiGong: Lower Body
- 10:30 – 10:45 Break
- 10:45 – 11:30 Movement Lab: Deepening Understanding of TC Principles;
 - Putting it together; Applying the “24 Musts” to the Tai Chi Walk
 - Upper and Lower Body principles through Qigong
- 11:00- 11:30 Small Group Activity: Application
 - Practice and apply 3 of the “24 Musts” to a assigned patient scenario
- 11:00-11:45 Movement Lab: Putting it together and Review
 - Warm up
 - Use of Tai Chi for Rehabilitation Form Set to review:
 - Modifications
 - Postural Musts
 - Weight transference and COG
- 11:45 – 12:15 Wrap up/Review & Discussion/Post Test