

Tai Chi for Rehabilitation

Course Outline

Offered by Handy Learning, Inc.

Course Outline – PLEASE NOTE – a more detailed course outline will be provided at the workshop. The following is shortened version for copyright purposes.



7:30 – 8:00 – Sign in & Continental Breakfast

8:00 – 8:30 Introduction

- What is Tai Chi?
- Relevance in today's practice
- Pre-test

8:30 – 9:00 Evidence Based Research; Module I- supporting evidence:

- Tai Chi and CVA
- Tai Chi and Arthritis
- Tai Chi and Fall Prevention

9:00 – 9:45 Lab I: Warm up; focused joint movement

9:45 – 10:00 Morning Break

10:00 – 10:45 Lab II: Opening Form; application of movement principals:

10:45 – 11:30 Evidence Based Research: Module II – supporting evidence:

- Tai Chi and Heart Disease
- Tai Chi and Health in Older Adults
- Tai Chi and balance/vestibular disorders

11:30 – 12:30 Lunch

12:30 – 1:00 – Lab III: Warm Up

1:00 – 2:00 – Lab IV: Open and Close

2:00-2:30 – Applied learning & discussion

- Case study – application of Tai Chi for recovery



2:30 – 3:00 – Lab V: Opening Form/Open and Close

- Modifying for seated, wheelchair or hemiplegia
- Application across clinical environments

3:00-3:15 Afternoon break

3:15 – 3:45 – Evidence Based Research; Module III – supporting evidence for:

- Tai Chi and reducing back pain
- Tai Chi and work related/computer injuries/pain
- Tai Chi and stress reduction
- Tai Chi and PTSD

3:45 – 4:30 – Lab VI: Warm up and Combined Form

- Review of movement principles learned

4:30 – 5:00 – Closing concepts: Module IV

DAY TWO:

7:30 – 8:00 Registration and Continental Breakfast

8:00 – 8:20 Warm Up

8:20 – 9:00 Lab Review: Opening Form, Open and Close

- Functional MRI and movement imagery

9:00-9:30 Evaluation and Documentation

- Reimbursement
- Tai Chi as a therapeutic exercise for Medicare
- Evaluation

9:30 – 10:30 Lab II – UE movement and stabilization (Waving Hands at Clouds)

10:30 – 11:00 Case Study application

11:00 – 11:30 Lab III Sequencing of motor patterns

12:30 – 1:30 Lab IV –Spiral force in creating power and strength

1:30 – 2:15 Module IV: Applying Movement Patterns in Functional Tasks

2:15 – 3:00 Lab VI: Mirror image

- Exploring challenges in motor decussation

3:00- 3:15 – Afternoon break

3:15 – 3:30 – Kahoot competition: online quiz – applied learning

3:30 -4:30 – Lab VII: Putting it Together:

Review of concepts through movement practice

4:30 – 5:00 Implementation in practice settings

- Questions & discussion
- Post test

Continuing Education Credit:

TPTA CEU Statement: Tai Chi for Rehabilitation has been approved for 15.5 continuing competence units(s) (CCUs) by the Texas Physical Therapy Association.

AOTA CEU Statement: Tai Chi for Rehabilitation: Intermediate. AOTA Category I: Domain of Occupational Therapy: Areas of Occupation, Category II: Occupational Therapy Process: Intervention. .155 CEUs/15.5 Contact hour per module. 15 modules total for .155 CEUs/15.5.0 Contact hours

NBCOT CEU Statement: Tai Chi for Rehabilitation fulfills requirements for 19.375 Professional Development Units (PDUs) toward NBCOT certification renewal.