



# INTRO TO TAI CHI

FOR REHABILITATION & FITNESS PROFESSIONALS

*PTs/PTAs, OTs/COTAs, Athletic Trainers*



## Intro to Tai Chi for Rehabilitation & Fitness Professionals

*(\*\*\* Created BY a Physical Therapist  
for YOU... the professionals!)*

Learn a simple, yet effective tai chi exercise set that research shows reduces fall risk in the elderly population.

Get the resources to share/learn more about Tai Chi with your patients/clients in your community.

Effectively incorporate Tai Chi into your rehabilitation plan of care (and properly charge for treatment) today.

Research shows, there are **ONLY TWO** things that reduce falls in our elderly population...

And that's

**Physical Therapy... and...TAI CHI!**

**At the end of this CEU course, participants will be able to:**

1. Relate foundational Tai Chi principles and philosophies to rehabilitation practices
2. Identify resources for learning more about Tai Chi and its rehabilitation applications
3. Discuss research-based evidence that supports the use of Tai Chi in rehabilitation
4. Demonstrate implementing Tai Chi exercise into a rehab or fitness plan of care
5. Perform Tai Chi exercise with a patient with limited mobility levels (seated, supine, wheelchair, etc)
6. Guide patients through a Tai Chi exercise appropriate for various rehab settings (SNF, LTACH, Inpatient & Outpatient therapy facilities, etc.) and fitness settings (gym, studio, etc.)
7. Appropriately document a Tai Chi exercise with rehab billing/coding considerations

Visit our website: [TheWillPowerWellness.com](http://TheWillPowerWellness.com)  
for a full schedule of upcoming course dates!



### Instructor



Dr. Damon William, PT, DPT, MCWC has practiced as a Physical Therapist for over 12 years- with patients of all ages and needs. He is Manual Therapy Certified and a published researcher. Damon is the founder of Will Power Wellness & Consulting, LLC and also the creator of the “Intro to Tai Chi for Rehabilitation & Fitness Professionals” CEU course. As a Tai Chi for Rehab Board Certified Instructor, he enjoys teaching Tai Chi classes in his home community, and online. Contact for booking or to host a course:

Email: [Damon@TheWillPowerWellness.com](mailto:Damon@TheWillPowerWellness.com)  
Phone: (617) 804-2040

### Schedule:

- 8:00-10:00 What is Tai Chi?
  - History and Origins of Tai Chi
  - Philosophy and Principles
  - Proposed benefits of Tai Chi
  - Practices and Programs
  - Training Programs to Learn Tai Chi
- 10:00 - 12:00 Lab #1- “Tai Chi for Rehabilitation” set (learn and practice)
- 12:00 - 1:00 LUNCH
- 1:00 - 2:45 Tai Chi Research and Evidence-Based Practice
- 2:45 - 3:30 Bridging the Gap between Rehab/Fitness and Tai Chi
- 3:30 - 4:45 Lab #2- Modification/Documentation of Tai Chi in Rehab
- 4:45 - 5:00 The “Big Picture”

### Intro to Tai Chi for Rehabilitation & Fitness Professionals

- Approved 2021- Georgia APTA/AOTA for 8 CCH/CEU hours
  - *(Contact Instructor for further state/profession approvals)*
  - Created BY a Physical Therapist FOR rehab professionals.
  - Research and Evidence-based, practical application
  - Apply to/treat Rehab patients managing variable diagnoses:
    - Orthopedics, chronic pain, stroke, balance deficits, etc.
  - Registration: \$200.00 per person
- (\* \*ask about the discount rate for hosting a course at your site\* \*)

*\*\*\*Visit website or contact instructor for application,  
registration and upcoming course dates\*\*\**

*Will Power Wellness & Consulting, LLC*

*Dedicated to positive change in our communities,  
by cultivating the WILL to grow, the POWER to succeed,  
and the WELLNESS to thrive.*

[www.TheWillPowerWellness.com](http://www.TheWillPowerWellness.com)

