

# 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

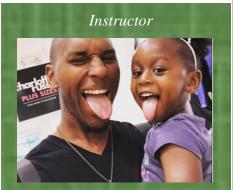
Physical Therapy... and...TAI CHI!

### 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







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: <u>Damon@TheWillPowerWellness.com</u> Phone: (617) 804-2040

# Visit our website: *TheWillPowerWellness.com* for a full schedule of upcoming course dates!

# 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 <u>BY</u>a Physical Therapist <u>FOR</u> 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

