



INTRO TO TAI CHI

PTs/PTAs & OTs/COTAs

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 and 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
PHYSICAL THERAPY & 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

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INTRO TO TAI CHI

SCHEDULE

WHAT IS TAI CHI?

8:00-10:00

- History and Origins of Tai Chi • Philosophy and Principles
- Proposed benefits of Tai Chi • Practices and Programs
- Training Programs to Learn Tai Chi

LAB #1

10:00-12:00

"Tai Chi for Rehabilitation" set (learn and practice)

LUNCH

12:00-1:00

TAI CHI RESEARCH AND EVIDENCE-BASED PRACTICE

1:00-2:45

BRIDGING THE GAP BETWEEN REHAB/FITNESS AND TAI CHI

2:45-3:30

LAB #2

3:30-4:45

Modification/Documentation of Tai Chi in Rehab







THE "BIG PICTURE"

4:45-5:00

DR. DAMON ANTHONY WILLIAM, PT, DPT, NBC-HWC 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..

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INTRO TO TAI CHI FOR REHABILITATION & FITNESS PROFESSIONALS

-  Approved for 8hrs CEU/CCH in OK, GA & TX
-  (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.

(**ask about the discount rate for hosting a course at your site**)

Contact for booking or to host a course:
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