

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Trina Radske-Suchan, PT, CSCS, FMSC
Iowa Falls Prevention Coalition



LEARNING OBJECTIVES



1. Participants will be able to describe the benefits of a TCA program.
2. Participants will learn the requirements of TCA students in order to experience a decrease in fall risk.
3. Participants will be able to follow the steps in establishing an evidence-based TCA class in their community.

TCA AND FALL PREVENTION

- Tai Chi is an ancient Chinese exercise practice consisting of slow, relaxed movements.
- Tai Chi for Arthritis (TCA) is a program designed by Dr. Paul Lam, in conjunction with a team of medical experts and Tai Chi Masters.
- Using the 12 Sun style Tai Chi movements, the TCA program is easy to learn, safe and effective.

TCA AND FALL PREVENTION

- Tai Chi for Arthritis is led by a TCHI certified instructor, with each session including the following:
- Warm-up and cool-down exercises
- One or two movements per lesson, progressively leading to completing the six basic core movements and six advanced extension movements
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance

TCA AND FALL PREVENTION

- Movements are performed at a higher stance to make it easier for older participants and those with arthritis.
- Movements can be modified to accommodate mobility issues for any participant and can be done seated as a starting exercise.



BENEFITS

- Tai Chi for Arthritis has been shown to:
- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

PARTICIPATION REQUIREMENTS

- The class must be conducted by current TCHI Board certified instructors to maintain the fidelity of the program.
- Attend a minimum of **16 hours of tai chi lessons**. This can be accomplished by attending one hour per week for 16 weeks or two hours per week for eight weeks.



PARTICIPATION REQUIREMENTS

- Instructors should strongly encourage participants to practice the tai chi program at home for half an hour daily, at least four days per week.
- This can be done in one half hour session or two fifteen minutes ones.
- Naturally, practice longer within the participant's comfort zone is even better.
 - Participants must attend at least one in-person class per week and be encouraged to practice at home.
 - An [instructional DVD](#) is available to help guide learning and home practice as well as other educational aids such as books, handbook and wall charts.

WHAT YOU NEED TO BECOME AN INSTRUCTOR

- Tai Chi for Arthritis has various levels of instructors, including certified instructors, senior trainers, and master trainers.
- Instructors are required to complete recertification training every two years to maintain and develop the quality of tai chi and teaching skill, and to adhere to the codes of ethics.
- CPR certification
- Register with the Tai Chi for Health Institute Board.



LONG TERM SUCCESS

- Two day initial certification with Master Trainer
- Skill building workshops available across Iowa
- Availability of DVDs and text book to review techniques
- Mentoring offered to help instructors with more practice
- Tai Chi conference calls for instructors for peer support in establishing and growing classes

ESTIMATED COSTS

- Training Costs: Approximately \$275-\$300 per trainee.
 - Teaching Tai Chi Effectively book
 - Tai Chi for Arthritis DVD
- Other costs to keep in mind when starting a new class includes instructors time and possible facility use fees.
- Instructors should consider the participant program fee to help sustain the program.



Build Referral Partnerships

HOW TO POST YOUR CLASS

- Send class posting forms to Binnie Lehew, Injury & Violence Prevention Program Manager
 - Iowa Department of Public Health
 - 321 E. 12th Street
 - Des Moines, Iowa 50319
 - 515-281-5032
 - vivian.lehew@idph.iowa.gov
 - Fax 515-281-4535



Iowa Department of Public Health
Protecting and Improving the Health of Iowans

RESOURCES

- Iowa LifeLong Links 866-468-7887; <https://www.lifelonglinks.org/calendar>
- Iowa Department on Aging; <https://www.iowaaging.gov/programs-services/health-prevention-wellness/falls-prevention>
- National Council on Aging; <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>
- U.S. Administration for Community Living – Tai Chi for Arthritis Information and Guidance; <https://www.ncoa.org/wp-content/uploads/Tai-Chi-for-Arthritis-Information-and-Guidance.pdf>
- Tai Chi for Health Institute; <https://taichiforhealthinstitute.org/>



THANK YOU!

**Trina Radske-Suchan, PT, CSCS, FMSC
Executive Vice President, COO
Community Health Partners, LLC
trina.suchan@my-chp.com**