

Outline

DAY 1 (8 AM – 4:30 PM)

TAI CHI: DEFINITION, HISTORY & RELEVANCE

- What is Tai Chi?
- Benefits of Tai Chi for rehabilitation
 - Increases muscle strength, which supports and protects joints
 - Increases stamina
 - Increases flexibility
 - Helps balance, thereby reducing falls
 - Improves posture/memory/relaxation
- How to motivate to start the road to recovery: choice theory
- Positive psychology

Lab

- Warm-up exercises
- GROUP THERAPY PROGRAM LAB (Yang, Sun, and Chen Style) - Adaptions for knee, joint and balance limitations
- Strategies for increasing strength and balance
- Intro of TCR Eight Forms sequence - essential principles for fall prevention
- Cooling-down exercises

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Occupational Therapists
- Occupational Therapy Assistants
- Exercise Physiologists
- Nursing Home Administrators
- Restorative Team Members
- Personal Trainers
- Activity Professionals

Seminar Schedule

Registration: 7:30 a.m. *(coffee & tea provided)*

Seminar Begins: 8:00 a.m.

Lunch: 1 hour *(on your own)*

Seminar Ends: Day 1 - 4:30 p.m.
Day 2 - 3:30 p.m.

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

What to Wear

- Loose, comfortable clothing and flat, supportive shoes suitable for exercise (shoes are required).

Questions? Call customer service at **800-844-8260**

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at cchristian@pesi.com or 715-855-5261.

Hassle-Free Cancellation Policy: If you contact us before the event date, a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

DAY 2 (8 AM – 3:30 PM)

TAI CHI: TEACHING SAFELY

Lab

- Warm-up exercise
- Deepen your understanding of the Tai Chi movements through the essential principles – improve upper body/lower body coordination, center of gravity awareness to improve balance
- Seated Tai Chi for the non-ambulatory client
- Cooling-down exercise

HOW TO TEACH EFFECTIVELY

- Overview
- Role play the Stepwise Progressing teaching method
- Precautions and modifications
- Take it to the street – community classes

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The course was the most
useful and applicable of
any CE course I've taken.
- Catherine, OT



I walked away with some real solid
direction on how to implement
the content in my studio. The best
course I've taken in the last 10 years.
- Peter, CSCS



Very useful info that
I will use in my clinic.
Fantastic presentation.
- Michael, PTA

- **Become Certified as a Tai Chi for Rehabilitation instructor** through the Tai Chi for Health Institute
- **Evidence-based treatment** to prevent falls; improve flexibility and balance; enhance muscle strength and the cardiovascular system; recover from injuries or surgeries faster
- **Easily adaptable exercises** for the specific needs of your clients
- **Join a growing, global community** of certified instructors with the Tai Chi for Health Institute

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