

Tai Chi for Arthritis and Fall Prevention

Dr. Paul Lam

taichiforhealthinstitute.org

You Tube Intro Video

- Search for Dr. Paul Lam
- Select "Tai Chi for Arthritis" video (red background)
- <https://www.youtube.com/watch?v=tAOuEpa01j4>
- Go to about minute 18 for start of Warm Up Exercises

Warm Ups

Neck 1 (x2)

- Look straight ahead, arms at sides.
- Inhale and bring both arms up slowly
- Turn palms toward you, bring them toward you, and push your chin back slowly.
- Gently push palms forward, then down, slowly while exhaling

Neck 2 (x3)

- Lift both hands up, turn left hand toward your face, push right hand down near hip.
- Look at left palm
- Move left hand to left (10 o'clock), turning your head slowly, then return to center
- Change hands and do movement to right (to 2 o'clock)
- Repeat two times on each side, turning neck a little more each time

Shoulder 1

- Roll shoulders gently forward three times.
- Repeat backwards three times

Shoulder 2 (x3)

- Inhale and move arms slowly up, as if embracing the world
- As you exhale, gently press hands down

Spine 1 (x3)

- Hold hands in front as if you have a beach ball. Inhale.
- Exhale, moving bottom hand up over head, palm faces up (holding up the sky). Top hand pushes gently down. Focus on stretching the spine, as if a string runs from top of head to tailbone.
- Switch hands, slowly, gently.

Spine 2 (x3)

Hold hands in front as if you have a beach ball. Inhale.

- Move left hand to left (10 o'clock), turning your head slowly, then return to center
- Change hands and do movement to right (to 2 o'clock)

Hip 1 (x 3)

- Stand with hands in front of chest.
- Bend knees slightly, place left heel in front, push both hands back.
- Step backward with left foot resting on toes, stretching hands forward.
- Do three times, then switch sides.

Hip 2 (x3)

- Stand with hands in front.
- Bend knees slightly, push hand to the side as though you're pushing against a wall and stretch opposite foot sideways.
- Change to other side.
- Repeat each side two more times.

Knee 1

- Make loose fists at your side. Bend knees slightly.
- Stretch out one foot forward. Either touch in front or keep up as you can.
- Punch out gently with the opposite fist.
- Bring your arm and leg back in.
- Repeat on the other side.

Knee 2

- Soft fists at hip, bend knees slightly and step forward with one foot, heel to toe.
- Shift your weight onto the front leg.
- As your weight shifts, punch out gently with the opposite fist.
- Bring your foot back and repeat on the other side.

Ankle 1

- Gently tap floor with your heel/toe, heel/toe, heel toe.
- Do other foot.

Ankle 2

- Gently tap floor turning foot inward/outward (side to side), x 3.
- Change foot.