FAST FACTS: Tai chi

Tai chi (pronounced TIE-CHEE), an ancient Chinese tradition, was originally developed for self-defense but has developed into a graceful form of exercise and can reduce pain through strengthening and improving flexibility and balance. Tai chi involves a series of slow, gentle, smooth movements.

✓ Core Components of Tai chi
  - Noncompetitive, self-paced system of gentle physical exercise and stretching.
  - Low impact, puts minimal stress on muscles or joints, making it very suitable for older adults.
  - During movement the participant should breathe deeply & naturally, focusing movements.
  - Requires no special equipment and can be done indoors or outdoors.
  - As with all therapies, consult with your healthcare provider before trying Tai chi.

✓ Benefits of Tai chi
  - Research indicates Tai chi shows promise with:
    - Chronic pain reduction
    - Decreasing stress, anxiety, and depression
    - Increasing energy
    - Improving aerobic capacity
    - Improving balance or flexibility
    - May also help with:
      ▪ Improving sleep
      ▪ Reducing falls in older adults

✓ What Else You Should Do
  - Try a non-drug treatment and document the impact on your pain in your Pain Diary.
  - Write down and share information about your pain with your healthcare provider.

Resources


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