

The Science of Rehabilitative Tai Chi

4 CE HOURS / .4 CEUs

PDH Academy Course #OT-1707

Course Abstract

Tai Chi is increasingly being touted as a rehabilitation technique – but do you understand, and are you able to explain to your clients, why it works? This evidence-based course provides insight into the scientific principles that support the use of rehabilitative Tai Chi, with attention to the practical application of each.

Target audience: Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants (no prerequisites).

NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.



This course is offered for 0.4 CEUs (Introductory level; Category 2 – Occupational Therapy Process: Intervention; Category 2 – Occupational Therapy Process: Outcomes; Category 3 - Professional Issues: Contemporary Issues & Trends)

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Learning Objectives

At the end of this course, learners will be able to:

- Recall introductory concepts pertaining to rehabilitative Tai Chi
- Recognize elements of evidence supporting BodyMind connections and applications
- Identify the 6 body focus principles of rehabilitative Tai Chi, and the experiential exercises that pertain to each
- Identify breath fundamentals of rehabilitative Tai Chi
- Recall the application of vision and visualization to rehabilitative Tai Chi
- Recognize elements of evidence linking Tai Chi and painless rehabilitation

Timed Topic Outline

I. Introduction (40 minutes)

Tai Chi Philosophy, Tai Chi Physiology, Tai Chi in Rehabilitation Research, Rehabilitative Tai Chi Principles

- II. BodyMind Foundations (60 minutes)
Bio-Energy Basics, BodyMind Connections & Applications
- III. Body Focus Principles (60 minutes)
Posture, Efficient Breathing, Active Relaxation, Slow/Rounded/Fluid Movement, Dantien Focus, Silk Reeling
- IV. Breath Fundamentals
Anatomy & Physiology of Breath, Natural Breathing Methods, Abdominal Breathing Effects
- V. Vision and Visualization (40 minutes IV + V)
Functional Vision, Visualization and Mental Imagery
- VI. Painless Rehabilitation and Movement (20 minutes)
Pain Physiology, Autonomic Influence, Cross Mapping
- VII. References and Exam (20 minutes)

Delivery & Instructional Method

Distance Learning – Independent. Correspondence/internet text-based self-study, including a provider-graded multiple choice final exam.

To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.

Registration & Cancellation

Visit www.pdhtherapy.com to register for online courses and/or request correspondence courses.

As PDH Academy offers self-study courses only, provider cancellations due to inclement weather, instructor no-shows, and/or insufficient enrollment are not concerns. In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

Accessibility and/or Special Needs Concerns?

Contact Customer Service by phone at (888)564-9098 or email at support@pdhacademy.com.

Course Author Bio & Disclosure

Brian Trzaskos, PT, LMT, CSCS, CMP, MI-C, is a bodymind rehabilitation specialist who believes education is powerful medicine that allows people to access their own highest healing potentials. He is the founder and director of the Institute for Rehabilitative Qigong & Tai Chi, which specializes in teaching rehabilitation professionals how to practically integrate western bodymind rehabilitation science and the ancient healing arts of Qigong & Tai Chi.

As a practicing physical therapist and student of eastern movement and meditation practices for over two decades, Brian holds certifications in both Western and Eastern healing arts truly bringing together the best of both worlds in modern rehabilitative care. In addition to his private practice, he is a teacher, author, international health consultant, and thought leader in holistic rehabilitation. A graduate from the State University of New York at Buffalo, Brian and his family now live in the beautiful Lake Champlain Valley of upstate NY.

DISCLOSURES: Financial – Brian Trzaskos received a stipend as the author of this course. Nonfinancial – No relevant nonfinancial relationship exists.