

# What is Tai Chi for Back Pain?

**Tai Chi for Back Pain** - Designed to relieve back pain, restore the ability to work and play, improve health and quality of life, this program will also help people in wheelchairs and with other medical conditions. This Tai Chi set is adapted from Tai Chi for Arthritis with additional material and focused on back pain.

## What are the benefits?

- Understand the relevant information about back pain
- Learn how to use this program to relieve and prevent back pain
- Improve your health and quality of life
- Enjoy the gentle tai chi movements
- Improve relax and harmony
- Improve balance and confidence



## How does it works?

Learning tai chi can be a most enjoyable and rewarding experience. As you embark on your journey to learn tai chi, take the time to find the best and enjoyable way for you.

This program is easy to learn and **places special emphasis on strengthening the deep stabilizing muscles of the back.**

According to **new medical findings**, the **deep muscles close to the spine stabilize and protect the spine.** Strengthening these muscles will reduce pain and improve physical function.

It contains adaptations for people with other chronic disabilities.



The program aims at helping people to cope better with daily tasks, as well as improving mental and **physical health**

Please contact Jennifer @9666 3375 for more detail  
Email: [taichisj@gmail.com](mailto:taichisj@gmail.com), [jennifer@taichi.sg](mailto:jennifer@taichi.sg)  
Web Site: <http://taichi.sg>, <http://taichiforhealthinstitute.org>