

Tai Chi for Osteoporosis

Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practised almost anywhere and is a suitable form of exercise for just about anyone. There are many forms of Tai Chi with significant differences between them.

Tai Chi for Osteoporosis is a special program designed by Dr Paul Lam, a physician and a Tai Chi master, together with his medical and Tai Chi colleagues for people with Osteoporosis. It is easy-to-learn, safe and effective. The program includes warm-up, wind-down, special precautions and a set of 8 forms derived from Yang and Sun style Tai Chi. It helps to strengthen bones, improve balance and improve relaxation.



什么是骨骼疏松症太极拳？

这是经过改良和考证，针对骨骼疏松症而研发的健康太极。这套拳法结合了孙式和杨式的特点，共有八个招式，一套完整的暖身和运动后的松身活动。有强化骨骼，增加平衡感和帮助松懈精神的功能。

How does it work?

There are many ways that tai chi helps people with osteoporosis. An excellent study showed tai chi slowed down the loss of bone density approximately three fold. When people with osteoporosis fall they are more likely to sustain a fracture. Many studies have shown that tai chi reduces falls.

People with osteoporosis often have arthritis and loss of function due to age and weakness. Tai chi relieves pain from arthritis, improves balance and the ability to do daily activities.

Tai chi helps people feel more relaxed and improves mental strength so they can cope better with their conditions.

Fall prevention

Injury from falling is the major problem of the people with osteoporosis. There are several measures you can take to help to reduce risks of falls; tai chi is one of the most effective measures shown by medical studies to prevent falls. Once you have learnt the set, your instructor will help you to apply tai chi principles in your daily activities to prevent falls.



The Benefits

- Relieves stress and depression
- Improves concentration and memory
- Improves balance and coordination
- Builds muscular strength and stamina
- Improves posture and biomechanics
- Increases circulation, heart and lung function
- Enhances the flow of Qi
- Integrates body and mind

骨骼疏松症太极拳的功能：

医药报告证实太极拳运动减缓骨质流失达到三倍之多

太极拳运动明显的增加平衡感和增进肢体配合，因此减少跌倒的机率。跌倒是造成骨质疏松症患者骨折的最大原因之一。

骨质疏松症患者通常都带有关节疼痛问题，太极拳运动能舒展关节

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