

Tai Chi for Strength and Balance

Learn to use Tai Chi in clinical settings for gait training, neuromuscular reeducation, and therapeutic exercise.

Why Tai Chi for Strength and Balance?

There are many Tai Chi forms and styles to choose from when looking to integrate Tai Chi into your practice. As therapists we need to know the form we are choosing to integrate into our practice is meeting the specific needs of the patient. There are many different styles of tai chi to choose from. All styles of tai chi have some common similarities such as a mind/body exercise, however beyond that the styles of tai chi can vary in approach and method. The Tai Chi for Strength and Balance (TCSB) program was specifically designed to support the human gait cycle and the vestibular system. Derived from the Traditional Sun Style form, Tai Chi for Strength and Balance uses a specific stepping style that addresses the requirements of a stable gait including; controlling the center of gravity during heel strike, end range hip movement, knee and ankle stability needed for single leg stance, postural Reeducation and dynamic core stability. These aspects are thoroughly integrated into the TCSB program.

Benefits to Attending

- **Enrich your treatment options with an easy to learn tai chi form specifically designed to strengthen gait function and improve balance.**
- **Increase your clinic revenue using the Tai Chi for Strength and Balance Program**
- **Discover the key to home exercise compliance**
- **Extensive support material including DVD for home practice**



For More Information Please Visit www.taichiforhealth.net/workshops or call 949-842-229 / email: taichihealthnet@gmail.com

Presenters:

Reece Jensen DPT received his Doctor of Physical Therapy from Boston University in 2007 and is currently the director for the Physical Rehabilitation Network in Encinitas California. He has been certified as an Orthopedic Specialist by the APTA for 18 years and has taught numerous workshops and in-services throughout San Diego. He has been involved in the martial arts for over 40 years and holds black belts in Kenpo Karate, Japanese Okugi Ashi Aikido and is certified to teach both Yang style Tai Chi and Tai Chi for Arthritis by Dr. Paul Lam. Reece combines his varied experience in the martial arts with his knowledge of anatomy, motor learning and biomechanics to create a unique learning experience for both patients and health professionals.

Faith Overton, PTA, is currently the Director of Aquatic Therapy at Southern California Aquatic and Physical Therapy. Faith is a clinician specializing in gait training, balance, and core stabilization. Faith has been using tai chi in the clinical setting as a therapeutic intervention for over 15 years. She also teaches tai chi in large group settings allowing for a continuum of care after PT.

Troyce Thome, Owner Tai Chi for Health, Troyce has been studying and teaching tai chi for over 25 years. She has taught Tai Chi at Saddleback College for the past 20 years to students ranging in age from 18 to 90 and in various stages of health. She was the faculty advisor for the Eastern Arts Club at Saddleback and hosted many renowned Tai Chi teachers from around the world. She has led several groups to China to study Tai Chi. Troyce was a Master Trainer for the Arthritis Foundation Tai Chi program certifying instructors throughout United States.

Workshop Objectives: Learning Objectives & Goals

- **Clinician will learn the movements to the Tai Chi for Strength and Balance Form (TCSB) and will learn to use the TCSB form as a therapeutic intervention for gait training, neuromuscular reeducation and therapeutic exercise in the clinical setting.**
- **Clinician will learn strategies for teaching the movements of the Tai Chi for Strength and Balance form both to individual patients in a clinic and in large group settings.**
- **Clinician will learn modifications for movements when there are contraindications.**



Workshop Schedule

Day One

9:00 – 9:20 Introduction/ Overview (Lecture)
Why Tai Chi for Strength and Balance is ideally suited to improve gait function and balance - Reece Jensen

9:20 – 9:40 Importance of Good Posture in Gait Function Reece

9:40 – 11:00 TCSB Warm Ups/Footwork/Beginning of Form - Troyce Thome

11:00 – 11:15 Break

11:15 – 12:15 The Human Gait Cycle/ Tai Chi Movements to Strengthen Gait Function
Faith Overton

12:15 – 1:15 Lunch

1:15 - 1:30 Q & A Review

1:30 – 2:45 Warm Ups/ TCSB Form

2:45 – 3:00 Break

3:00 - 4:15 Strategies for Teaching Tai Chi Effectively Troyce Thome

4:15 - 4:45 Lab
Additional Form Work with gait training applications

4:45 - 5:00 Q&A and Review

Day Two

9:00 – 10:00 Lecture/Lab Tai Chi for Strength and Balance as a core stabilization exercise
Faith Overton

10:00 – 11:00 Tai Chi as a Mind/Body Exercise (fall prevention focus)
Proprioception (how it affects balance)
Reece

11:00 – 11:15 Break

11:15 – 12:15 Tai Chi Movements to Increase Proprioceptive Awareness

12:15 - 1:15 Lunch

1:15 – 2:45 Small Group Peer to Peer Teaching

2:45 – 3:00 Contraindications/Modifications
Reece Jensen

2:45 – 3:00 Break

3:00 – 3:15 Written Test

3:15 - 4:15 Final Review

4:15 – 4:30 Practical Exam

4:30 - 5:00 Closing discussion

Contact hours 13: Continuing Education Credits 1.3 [\[Pending Approval\]](#)

Lab: Hands on Technique

Evaluation Procedures: Demonstration of Tai Chi Movements

Satisfactory Completion: Participants must pay tuition fee, sign in, sign out, and attend the entire seminar. No partial credit will be given for attending only part of the workshop. In order to receive a certificate of completion participants must complete a workshop evaluation form. No exceptions will be made.

Register By Mail

Tai Chi for Strength and Balance

Early Registration before June 15th \$250

After June 15th \$275

Easy online Registration

www.taichiforhealth.net/workshops

Please Print Clearly

Name _____

Email _____

Professional Title _____

Organization _____

Billing Address _____

City _____

Sate _____ Zip _____

Phone _____ ext _____

CE Renewal Date _____

License Cycle Length _____

Registration Confirmation and Certificates:

Confirmations of registration will be sent via email. A copy of your registration confirmation will serve as your receipt. Walk-ins are welcome but must register on site. Certificate may need to be mailed to walk-ins.

Substitution and cancellation policy: Substitutions may be made at any time. Cancellations must be received in writing or by fax at least 10 days before the event to receive a full refund less a \$25 administrative fee. For cancellations made within 10 days or less of the event no refund will be given, however, a voucher for a future workshop will be issued.

If we must cancel or change the seminar for any reason our liability is limited to the cost of the tuition.

Please mail registration to:

Tai Chi for Health

PO Box 75364

San Clemente, Ca 92672