

## Outline

### DAY 1 (8 AM – 4:30 PM)

#### TAI CHI: DEFINITION, HISTORY & RELEVANCE

- What is Tai Chi?
- Benefits of Tai Chi for rehabilitation
  - Increases muscle strength, which supports and protects joints
  - Increases stamina
  - Increases flexibility
  - Helps balance, thereby reducing falls
  - Improves posture/memory/relaxation
- How to motivate to start the road to recovery: choice theory
- Positive psychology

#### Lab

- Warm-up exercises
- GROUP THERAPY PROGRAM LAB (Yang, Sun, and Chen Style) - Adaptions for knee, joint and balance limitations
- Strategies for increasing strength and balance
- Intro of TCR Eight Forms sequence - essential principles for fall prevention
- Cooling-down exercises

### DAY 2 (8 AM – 3:30 PM)

#### TAI CHI: TEACHING SAFELY

#### Lab

- Warm-up exercise
- Deepen your understanding of the Tai Chi movements through the essential principles – improve upper body/lower body coordination, center of gravity awareness to improve balance
- Seated Tai Chi for the non-ambulatory client
- Cooling-down exercise

#### HOW TO TEACH EFFECTIVELY

- Overview
- Role play the Stepwise Progressing teaching method
- Precautions and modifications
- Take it to the street – community classes

## What to Wear

- ◆ Loose, comfortable clothing and flat, supportive shoes suitable for exercise (shoes are required).

## Who Should Attend

- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Athletic Trainers
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Exercise Physiologists
- ◆ Nursing Home Administrators
- ◆ Restorative Team Members
- ◆ Personal Trainers
- ◆ Activity Professionals

## Seminar Schedule

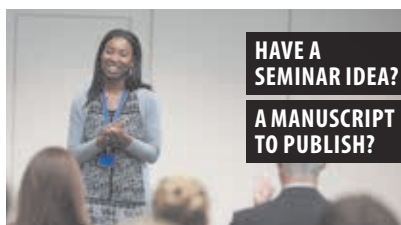
**Registration:** 7:30 a.m. *(coffee & tea provided)*

**Seminar Begins:** 8:00 a.m.

**Lunch:** 1 hour *(on your own)*

**Seminar Ends:** Day 1 - 4:30 p.m.  
Day 2 - 3:30 p.m.

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



HAVE A SEMINAR IDEA?

A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at cchristian@pesi.com or 715-855-5261.

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Become a board-certified Tai Chi for Rehabilitation instructor through the Tai Chi for Health Institute *and* get 13 hours of CE in this 2-day, hands-on course.

2-DAY

TAI CHI FOR

REHABILITATION

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FREE DIGITAL RESOURCE

Maumee, OH

Friday & Saturday

October 11 & 12, 2019

Sterling Heights, MI

Sunday & Monday

October 13 & 14, 2019

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2-DAY

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★★★★★

The course was the most useful and applicable of any CE course I've taken.

- Catherine, OT

★★★★★

I walked away with some real solid direction on how to implement the content in my studio. The best course I've taken in the last 10 years.

- Peter, CSCS

★★★★★

Very useful info that I will use in my clinic. Fantastic presentation.

- Michael, PTA

- Become Certified as a Tai Chi for Rehabilitation instructor through the Tai Chi for Health Institute
- Evidence-based treatment to prevent falls; improve flexibility and balance; enhance muscle strength and the cardiovascular system; recover from injuries or surgeries faster
- Easily adaptable exercises for the specific needs of your clients
- Join a growing, global community of certified instructors with the Tai Chi for Health Institute

Maumee, OH

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

In this exclusive 2-day seminar, Darci Alexander, PTA – a Master Trainer in Tai Chi – guides you through the research, benefits, and movements of Tai Chi for Rehabilitation (TCR). Upon completion of the hands-on training, you become a board-certified Tai Chi for Rehabilitation instructor through Dr. Paul Lam's Tai Chi for Health Institute and join a growing community of Tai Chi instructors around the world. Ms. Alexander equips you with the relevant tools and techniques to incorporate into any patient's treatment plans. Such a plan reduces the fall risks in your clients, decreases debilitating pain, and leads to improved functional outcomes and goal achievement. Adding this reimbursable therapy to your toolbox will immediately enable you to provide an additional modality to enhance patients' stability, flexibility, posture, balance, and coordination.

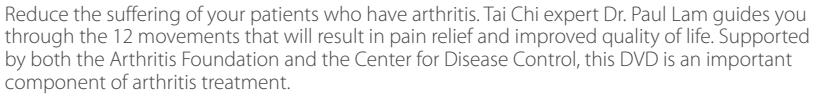
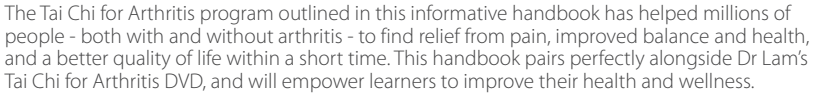
**DARCI ALEXANDER, PTA**, is a certified Master Trainer with the Dr. Paul Lamb Tai Chi for Health Institute. She has been teaching Tai Chi since 2010. Her interest and proficiency with this ancient practice ties in to her personal experience, during which she used Tai Chi simultaneously with physical therapy, thereby improving her successful recovery from a back injury. Darci works at an outpatient neuro rehabilitation clinic in Visalia, California, where she incorporates Tai Chi regularly with her patients to minimize falls and promote better balance. In addition, she teaches a wide variety of Tai Chi workshops in her community, including Tai Chi for Arthritis for Fall Prevention, Tai Chi for Energy, Tai Chi for Diabetes, and Tai Chi for Osteoporosis. Darci is a member of the Tai Chi for Health Community of America.

- ◆ Analyze the history of Tai Chi and its relevancy in the rehab clinical setting.
- ◆ Articulate the link between chronic arthritis pain and fall risk.
- ◆ Demonstrate the Chen, Yang, and Sun style of Tai Chi with application of lab.
- ◆ Define the international fall reduction statistics directly related to Tai Chi programs.
- ◆ Independently apply the basic styles of Chen, Yang, and Sun style of Tai Chi by the end of the course to strengthen clients' flexibility, core, and balance.
- ◆ Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients.

**Questions?** Call customer service at **800-844-8260**



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## Live Seminar Continuing Education Credit Information

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*



**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 10.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**NURSING HOME ADMINISTRATORS:** This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 13.0

**OCCUPATIONAL THERAPISTS  
& OCCUPATIONAL THERAPY  
ASSISTANTS:** PESI, Inc. is an  
AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 13.0 contact hours or 1.3 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 13.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**MICHIGAN PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/72790](http://www.pesi.com/events/detail/72790).

**OHIO PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Ohio Physical Therapy Association for review. Credit is pending.

**OTHER PROFESSIONS:** This activity qualifies for 780 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**October 13 & 14, 2019**  
Wyndham Garden Sterling Heights  
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