

- What is Tai Chi?
 - Does it work?
 - Why does it work?
 - How do we access Tai chi for our patients?
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- What other strategies are there to reduce injuries from falls

Tai Chi chuan Tai Chi chih supreme ultimate fist

- Tao philosophy
- Eastern medicine
- Modified in Manchuria invasion (Ch'ing Dynasty)
- Many forms (sun style)

Does it work?

What does tai chi help with?

- Balance, posture stability and fall prevention
- Cardiovascular
- Mood/stress
- Depression (under study)
- Pain
- Joint mobility (arthritis)

Why does it work?

Other interventions

- Pharmaceutical
- Safe proofing
- Strengthening
- Hip protectors

Design problems, standardisation

Address the cause of falls