

CEDAR ROCK'S TAI CHI EXERCISE PROGRAMS

The benefits of Yang style Tai Chi have been recognized for centuries by its practitioners and followers, and with recent scientific studies completed in 2010 (see attached Abstract), that support Yang Tai Chi as a truly effective exercise for Fibromyalgia.

Cedar Rock plans to incorporate Yang Tai Chi as an alternative therapy, making it available to both its residents and visitors alike.

Adult Beginner Level Classes will be conducted Monday and Wednesday evenings from 6:30pm to 7:30pm

Fee Options:

1. \$30.00 (Drop-In)
2. \$300.00 for every 4 months. 10% discount applied if taking two or more Tai Chi classes

Adult Intermediate Level Classes will be conducted Tuesday and Thursday evenings from 6:30pm to 7:30pm

Fee Options:

1. \$30.00 (Drop-In)
2. \$300.00 for every 4 months 10% discount applied if taking two or more Tai Chi classes

Adult Advanced Classes will be conducted Tuesday and Thursday evenings from 8:30pm to 9:30pm

Fee Options:

1. \$30.00 (Drop-In)
2. \$300.00 for every 4 months 10% discount applied if taking two or more Tai Chi classes

Registration is required and will close 30 days after scheduled start date. A minimum of 10 people is required for each class.

Site locations to be determined by Grand Master. For more information, contact the Health Services Centre.

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N Engl J Med. 2010 Aug 19;363(10):937-44.

A randomized trial of tai chi for fibromyalgia.

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Abstract

BACKGROUND: Previous research has suggested that tai chi offers a therapeutic benefit in patients with fibromyalgia.

METHODS: We conducted a single-blind, randomized trial of classic Yang-style tai chi as compared with a control intervention consisting of wellness education and stretching for the treatment of fibromyalgia (defined by American College of Rheumatology 1990 criteria). Sessions lasted 60 minutes each and took place twice a week for 12 weeks for each of the study groups. The primary end point was a change in the Fibromyalgia Impact Questionnaire (FIQ) score (ranging from 0 to 100, with higher scores indicating more severe symptoms) at the end of 12 weeks. Secondary end points included summary scores on the physical and mental components of the Medical Outcomes Study 36-Item Short-Form Health Survey (SF-36). All assessments were repeated at 24 weeks to test the durability of the response.

RESULTS: Of the 88 randomly assigned patients, the 33 in the tai chi group had clinically important improvements in the FIQ total score and quality of life. Mean (\pm SD) baseline and 12-week FIQ scores for the tai chi group were 62.0 \pm 15.0 and 35.1 \pm 18.8, respectively, versus 58.0 \pm 11 and 58.6 \pm 17.6, respectively, for the control group (change from baseline in the tai chi group vs. change from baseline in the control group, -18.4 points; $P<0.001$). The corresponding SF-36 physical-component scores were 28.5 \pm 8.4 and 37.0 \pm 10.0 for the tai chi group versus 28.0 \pm 7.8 and 29.4 \pm 7.4 for the control group (between-group difference, 7.1 points; $P<0.001$), and the mental-component scores were 42.6 \pm 12.2 and 50.3 \pm 10.2 for the tai chi group versus 37.6 \pm 10.0 and 38.4 \pm 11.3 for the control group (between-group difference, 6.1 points; $P<0.02$). Improvements were maintained at 24 weeks (between-group difference in the FIQ score, -18.3 points; $P<0.001$). No adverse events were observed.

CONCLUSIONS: Tai chi may be a useful treatment for fibromyalgia and merits long-term study in larger study populations. (Funded by the National Center for Complementary and Alternative Medicine and others; ClinicalTrials.gov number, NCT00183028.)

Comment in

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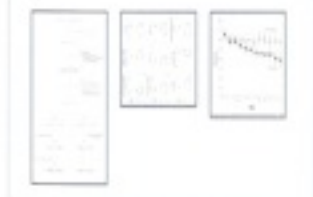
N Engl J Med. 2010 Dec 2;363(25):2595-6. author reply 2595-7.

N Engl J Med. 2010 Dec 2;363(25):2598. author reply 2598-7.

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