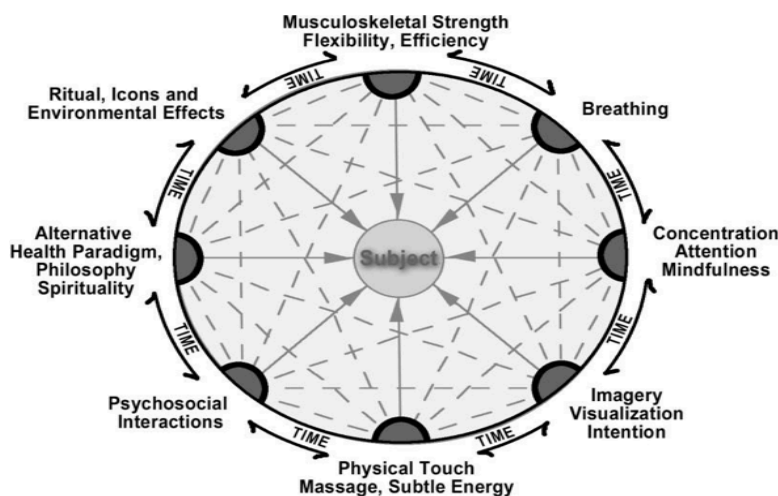




Tai Chi Resources

What is Tai Chi, and how might it help me with my pain condition?

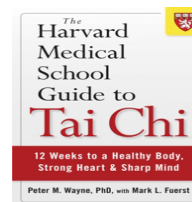
- Tai Chi is a meditative movement practice that incorporates balance and body awareness, and theorized to have many “active ingredients”, which can be visualized in the figure shown below (Wayne and Kaptchuk, 2008):



- Tai Chi has been shown to produce comparable results to traditional therapeutic exercise and yoga. For example, one study has shown significant effectiveness in **reducing bothersomeness of pain symptoms** for people with chronic low back pain (A. Hall, et al., “Tai Chi Exercise for the Treatment of Pain and Disability with Persistent Low Back Pain: A Randomized Controlled Trial”. *Arthritis Care and Research*, 2011). To learn more about evidence of Tai Chi and health, please visit the website of Dr. Peter Wayne, Research Director of the Osher Center for Integrative Medicine: <http://www.treeoflifetaichi.com/publications.php>

Videos and books

- A video of the [Tai Chi for Rehabilitation](#) movement-series, developed by Dr. Paul Lam, and demonstrated by Dr. Nicholas Karayannis, is available on the Stanford Pain Medicine YouTube channel: <https://www.youtube.com/playlist?list=PLsQ1C3NKyyyHRvxKws9z8yMzRJJX9Dzm4>
- As a follow up companion to the Tai Chi for Rehabilitation movement-series, you may also wish to consider the [Tai Chi for Energy](#) movement-series, which can be purchased through the Tai Chi for Health Institute website: <https://taichiforhealthinstitute.org/>
- You may also wish to learn and practice with the workbook, “The Harvard Medical School Guide to Tai Chi”, by Dr. Peter Wayne (available locally at Keppler’s books, or from Amazon.com)



To participate in a guided Tai Chi class in your geographic area

Identify a Certified Tai Chi Instructor and inquire about classes through the Tai Chi for Health Institute “Find a Board Certified Tai Chi Instructor” directory:

<https://taichiforhealthinstitute.org/instructors/>

May you be happy, may you be free from suffering, and may you be healthy.

Best,
 Nicholas Karayannis, MPT, PhD, OCS, FAAOMPT
 Physical Therapist, Certified Yoga and Tai Chi Teacher,
 and Center For Mindfulness Qualified MBSR Teacher