

Guillermou

A family member has mild Parkinson's and has been advised Tai Chi as a means of reducing stress, anxiety and depression, improving mood and managing emotions and increasing self-esteem in addition to improving the effects of Parkinson's. As the older adult population increases, the risk of Parkinson's disease (PD) increases accordingly. PD has a long course. In 2016, around 61 million people worldwide were affected by PD. The incidence and prevalence rate of this disease have increased rapidly in the last 20 years. In the US, about 50,000 people are diagnosed with PD each year and 0.5 million people have the disease.

A study carried out by the Journal of Neurology Neurosurgery & Psychiatry noted that this martial art can curb symptoms and delay Parkinson's disease for several years. In addition, experts point out that tai chi reduces the pain caused by fibromyalgia and improves the mood of those who suffer from chronic heart failure or cancer. Parkinson's disease is a neurological condition that can cause changes in gait and postural stability in people with the condition.

Tai Chi (TC) has been recommended for the treatment of PD by improving muscle strength, balance and coordination. Tai Chi training reduced annual changes in Unified Parkinson's Disease Rating Scale deterioration and delayed the need for increased antiparkinsonian therapies. The annual increase in levodopa equivalent daily dose was significantly lower in the Tai Chi group. Additionally, patients benefited from Tai Chi training in motor symptoms, non-motor symptoms, and complications.

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Tai Chi improves non-motor symptoms in PD, especially cognition and sleep. Improvement in brain network function, downregulation of inflammation, and improved energy metabolism were observed after Tai Chi training. Chigong, tai chi and yoga also appear to be effective in improving balance in people with PD. Tai Chi practice improves motor function and independence in stroke patients. A meta-analysis showed that CT improved motor function, balance function, functional walking ability, as well as walking speed in PD patients. jnp.bmj.com/.../222.abstract (2024).---
www.sciencedirect.com/science/article/abs/pii/S135380202301057X (2024).----
www.sciencedirect.com/.../S0965229922001157 (2023).-- www.frontiersin.org/.../full (2023).--
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juststeve

Hearts and Prayers for your family member Gui. Just an intuition, but the Tai Chi with the slow, methodical movements would awaken awareness of one's range of motion and carry on through the day with knowledge of the best ways to move in our many tasks. This would possibly add to a more relaxed approach and also lead to much less stress.

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Gratitude to you for your warm words. Also consider that Tai Chi is a good technique for your COPD disease along with pulmonary rehabilitation (PR). It has been shown to improve quality of life by decreasing respiratory symptoms and complications, including rates of exacerbations and hospitalizations. A good public relations program should not only include exercise but also emotional and educational support. I'm sure you've mastered a lot of RP. Based on the results, a new integrated exercise modality was developed that combines Tai Chi and conventional pulmonary rehabilitation.

It could contribute to more positive effects in patients with stable COPD. With mild to moderate exercise intensity, Tai Chi is especially appealing in patients with chronic respiratory diseases such as COPD to improve shortness of breath, health status, and exercise tolerance. The positive effects provided by Tai Chi on clinically significant outcomes include 6-minute walk distance, dyspnea symptom, forced expiratory volume in 1 s, forced vital capacity, HRQoL measures, self-reported pain and disability.

Some systematic reviews have shown confirmed depression and muscle strength compared to no intervention, usual care, conventional PR exercise or education in patients with COPD. Tai Chi induces cardiovascular and musculoskeletal adaptations, such as improving cardiopulmonary fitness by optimizing oxygen utilization, increasing exercise capacity, and improving muscular strength and endurance in older adults. www.sciencedirect.com/science/article/pii/S096522992300064X.----
www.sciencedirect.com/topics/medicine-and-dentistry/pulmonary-rehabili..

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LadyLifeGrows

I do Tai Chi every day to reduce backache and improve well-being. I do the basic exercises of Master Lama Rasaji at CircleofChi.com which is free to sign up. I do not believe his religious claims, but he is fun and you learn how to feel the chi and then you play with it.

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