

Tai Chi

DeSoto Retirement & Rehabilitation is proud to offer a great new therapy program for our residents. Our therapists have completed training and are now certified to provide Tai Chi for Balance, Fall Risk Reduction and Rehabilitation. This program is offered to therapy and non-therapy patients as a wellness program to address balance

problems and increase strength in a non-stressful environment. Balance and coordination deficits are a common problem with many residents.



Fall Reduction



Falls lead to millions of injuries as well as some accidental deaths each year. Chronic pain, loss of independence and decreased quality of life are all problems related to a decrease in balance. It is a challenge to create a program that can address all of these issues quickly and

efficiently in our current treatment environment. Studies show that Tai Chi is the best activity available for balance training. Our therapists can customize the program to meet the needs of each resident.



Improved Balance



Tai Chi is an ancient form of exercise that integrates mind and breath with slow and complex movements of the entire body. It has been used

for hundreds of years to maintain agility and wellness. In recent years, however, the scientific eye has turned to Tai Chi to understand how it helps participants improve balance, coordination and quality of life. Research demonstrates that regular practice of Tai Chi can result in decreased falls, improved coordination, proprioception and leg strength. It is also associated with increased confidence in balance. There are many reasons these activities work so well to enhance our therapeutic programs.



Improved Coordination



We can use Tai Chi to help our residents achieve goals more quickly. These techniques are particularly useful for patients with neurological deficits, but have proven quite useful for treating general frailty, arthritic pain and joint replacements as well.

Increased Strength



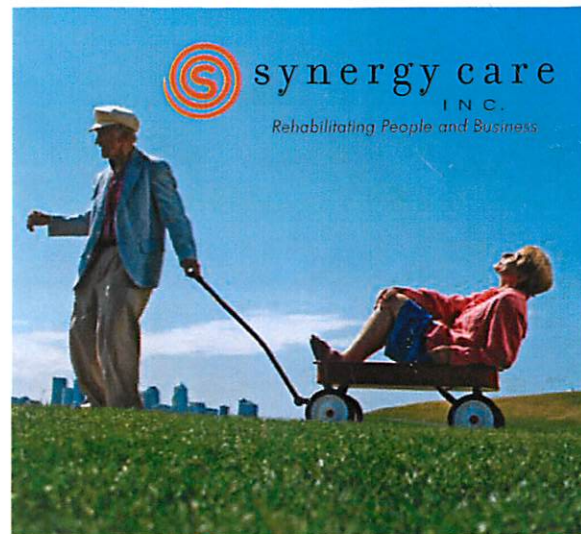
"Home Is Where The Heart Is"

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DeSoto Retirement

Therapy Services



Tai Chi

Fall Risk Reduction

Balance

Rehabilitation