Tai Chi Falls Prevention & Rehab Course

With NEW rehab exercise for Post Operative patients

- **Posture, Balance & Dynamic Equilibrium**
- **Mindfulness & Somatosensory feedback**
- **Anticipatory & Reactive Postural Control**
- **How to Fall & Get Up and Minimise Injuries**

NEW innovative feature: Walk Pole Exercise

This training course contains applications based on falls research results and over 15 years of actual Falls Prevention classes conducted by the Academy. It includes Tai Chi application with healing benefits for Arthritis, Asthma, Diabetes, Parkinson's, Dementia and Cardiovascular health.

You will be trained on how to teach and how to break down each movement. You will be assessed throughout the course to enable you to teach with confidence.

This course include information from recent research projects

1. Include Tai Chi for pre-operation and recovery after operation. Tai Chi Qigong bed exercise when confined to lying in bed after operation, and when learning to walk again.

2. Techniques from actual in-hospital training of hospital physiotherapists on "Tai Chi for Post-Operative Rehabilitation" program.

Course comes complete with notes and a teaching certificate.

Course Fee is $750. Additional DVDs & CDs available.

25ᵗʰ & 26ᵗʰ Feb   10am to 4pm   SYDNEY

Drummoyne Public School, Rawson Avenue, Drummoyne

Australian Academy of Tai Chi   (02) 9797 9355   0417 650 962

Tai Chi Falls Prevention & Rehab Course

Standard Tai Chi exercises for falls prevention are inadequate for post-operative patients in the weeks after medical procedures because their delicate body are very pain sensitive, and patients are unable to lower their body weight down to their legs to stabilize. Grandmaster Gary Khor, advisor to the original "Tai Chi Fall Prevention Research 2000", personally underwent two knee and a shoulder replacement, and through his experience developed a modified version specifically to enhance patient recovery in hospital and at home. The results and benefits are far reaching.

☐ Reduce time in post – operative care (delivering significant cost savings)

☐ Decrease time for patients to be immobile

☐ Decrease recurrence of revision surgeries

☐ Improve quality of life for patients

☐ Increased staff satisfaction with additional tools and better patient outcomes

New Training Course for Rehabilitation Therapists and Allied Health professionals.

A new synthesis of Tai Chi and martial art techniques with scientific bio-mechanics and physiotherapeutic techniques into a falls prevention program. An evidence based research program for Allied Health Professionals and rehabilitation specialists to optimize patient recovery. Can be adapted to various situations: lying down, seated, supported or free standing.

The presenter : **Gary Khor** is a Tai Chi grandmaster with qualifications from China's leading Physical Education Institutes: Beijing & Shanghai Universities of Physical Education. He is an international Tai Chi judge, (Olympic level), qualified by China Wushu Federation and recognized by Wudang and Shaolin Temple. Gary Khor is the founder & president of the Australian Academy of Tai Chi. He was a lecturer at the 1st Fitness Leader Training Course conducted by Australian Council for Health, Physical Education and Recreation, and the NSW Department of Sport & Recreation. He is the author of 25 books and instructional DVDs. Grandmaster Khor was an advisor to the Australian Falls Research program conducted at Prince Alfred Hospital back in 2000. His Tai Chi Falls Prevention program was used as a control pilot program and tested in Tai Chi classes throughout NSW, and has continue to evolve to this day

*"Tai Chi practised as a Martial art exemplifies **Dynamic Equilibrium** and **Reactive Postural Control** at its best. Complex momentous decisions are made simultaneously as to whether to evade, block or strike when an opponent attacks, and all system in the body has to react with precise timing and coordination . It is this multi-facet mind-body interaction that is so useful in preventing falls when an accidental stumble or slip happens.*