

# Evidence Based Mind-Body Practices and the Physical Therapist: Extending the Continuum of Care

Physical Therapists gain knowledge and skill to *integrate evidence based Mind-Body practices* with planned or on-going therapy intervention as part of their clinical practice.

*Review the evidence for Mind-Body practices* reducing risk of injury, impairment, functional limitation & disability, and promotion & maintenance of fitness, health & wellness.

*Provide evidence based Tai Chi injury (fall) prevention* training as part of your clinical practice.

*Analyze community based Mind-Body programs* to determine effects on planned or on-going treatment, discuss and document instructions to client, influence client preference.

*"Reducing risk of injury, impairment, functional limitation & disability, and the promotion & maintenance of fitness, health & wellness in persons of all ages."*

*This course of instruction is Approved by the Federation of State Boards of Physical Therapy for 13 CCC*

Starfarm Tai Chi & Qigong Search Center  
96 South Bear Hill Road  
Chaplin, CT 06235

Reducing risk of injury, impairment, functional limitation & disability, and the promotion & maintenance of fitness, health & wellness in persons of all ages.

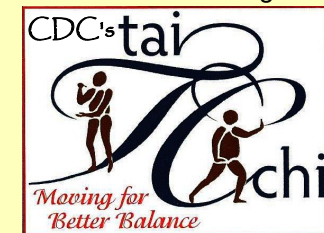
## Tai Chi & Qigong Evidence Based Mind-Body Practices and the Physical Therapist: Extending the Continuum of Care



13 Continuing Competence Credit Hours

Approved by ProCERT

An Activity of the  
Federation of State Boards of Physical Therapy  
Tai Chi based on CDC's Top Tier Evidence  
Based Tai Chi Program



**Mind-Body Practices**  
**Reduce risk of injury, impairment,**  
**functional limitation & disability,**  
**promotion & maintenance of fitness,**  
**health & wellness in persons of all ages.**

Starfarm Tai Chi: Not Merely a Martial Art

**40 % of Americans used  
Integrative Health  
Approaches  
In 2012\***

**Rehabilitation Professionals:**  
Gain the Knowledge *and Skills* needed to understand, and embrace evidence based Mind-Body practices to integrate them along with conventional treatment.

Day 1 **Peer Reviewed Literature Review**  
**Learn/Practice/Teach Tai Chi injury (fall) prevention exercises & protocol**  
**Analyze Tai Chi exercises using a *unique* assessment tool**  
**Integrate Tai Chi fall prevention in clinical practice**

Day 2 **Learn/Practice/Analyze 5 common Qigong Mind-Body practices**  
**Discuss Document Mind-Body practices analysis and instructions to client**  
**Document Mind-Body practices analysis and instructions to client**

**Participants will be required to demonstrate proficiency: correctly perform 5 of 8 Tai Chi exercises, correctly modify 3 of 8 Tai Chi exercises, Complete a Self-Paced Assessment.**

**\*NCCIH Study 10 Most Common Complementary Health Approaches Among Adults 2012 (recent as of 2017)**

*This course has been reviewed by ProCert an activity of the Federation of State Boards of Physical Therapy for 13 Cont Comp Credits*

**Consider In-House Group Training**

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**Day 1 Activities (8 Hours)**

Participants examine the evidence and outcomes for studies on Mind Body practices. Review evidence & protocol for *evidence based Tai Chi injury prevention protocol*. Follow instructor in learning the 8 Tai Chi exercises. Then, an immersion in simulation: role playing as teacher/client practicing, demonstrating and analyzing the Tai Chi exercises. Learn/practice demonstrate modification for persons with impaired ability. Integrate Tai Chi as therapeutic intervention.

**Day 2 Activities (5 Hours)**

Following a brief review of peer-reviewed evidence, practice tai chi & qigong as mind-body practices with instructor. Analyze; discuss with small group, present to larger group: analysis and instructions to client, document analysis and instructions to client. Integrate Qigong as therapeutic intervention.

**Workshop Fees:**

**Day 1 Only: \$195 Both Days: \$245**

**Register Online:**

**WWW.TAICHI4THERAPY.COM**

Laddie Sacharko has been practicing and teaching Tai Chi & Qigong for over 25 years. His focus has been older adults, and other special populations for more than 15 years. He has been learning from and teaching physical therapy and other rehabilitation professionals since 2008. As an independent researcher, he assisted with a pilot program, and then a broader study of the effect of tai chi on balance and fear of falling, and as a presenter at CPTA conference and UCONN audiences. Laddie has been a trainer at the individual, small group and large organization level for more than 40 years.

**Registration Limited, Reservation strongly recommended:** 4 weeks prior to workshop date. Fees cover DVD, course materials & instruction and break menu.

**Workshop Fees:**

**Day 1 Only: \$195 Both Days: \$245**

Location: Farmington (CT) Marriott, June 07/08

Location: Rocky Hill (CT) Marriott, July 05/06

Location: Hartford (CT Airport) Marriott August 16/17

**All Dates: Wed/Thu**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Remit:**

**Starfarm Tai Chi  
96 South Bear Hill Road  
Chaplin, CT 06235**

**Cancellation Policy :** In the event of cancellation all tuition/fees will be refunded. In the event that you cancel up to 7 days prior to the event, all tuition/ fees paid will be refunded to you. If you cancel less than 7 days of the event: you will get a refund less a \$25 admin charge.

**Deposit: \$45 Deposit required for reservation 4 weeks prior to workshop date.**

Starfarm Tai Chi & Qigong Search Center  
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Phone: 860 455 0353 Email:  
laddie@taichi4therapy.com  
On-Line Registration:  
www.taichi4therapy.com