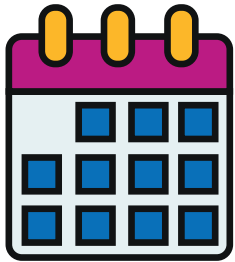


If you cannot attend your appointment

If you are unable to attend please contact us on **07881 838610**. If you miss appointments without letting us know you may be discharged.

Letting us know if you are going to miss an appointment as soon as possible makes the best use of NHS resources and gives us the opportunity to offer your appointment to another person, so we appreciate your co-operation.



Contact us

For all enquiries and appointments please contact:

07881 838610
www.barnsleytherapy.co.uk

Community musculoskeletal services
Hoyland Leisure Centre,
West Street
Hoyland,
Barnsley,
S74 9EH



Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about our service. Please speak to a member of staff or contact our Customer Services team on 0800 587 2108. If you would like help understanding this information, please also contact us on this number.

Job No. 0733 AUG 18



Tai Chi

Information for patients

**Community
musculoskeletal services
07881 838610**

With **all of us** in mind.



What is Tai Chi?

Tai Chi originated in China. These days it is practised throughout the world as an exercise for better health. It is easy to learn and can improve your health and quality of life.

Tai Chi:

- ▶ Is suitable for almost anyone; it can be done sitting or standing or a mixture of both
- ▶ Can relieve pain and improve quality of life for people with arthritis and other conditions
- ▶ Can relieve stress and improve concentration
- ▶ Integrates body and mind

Tai Chi is for both men and women of any age and it can be lots of fun! There's a great atmosphere at our sessions; it's very friendly and relaxed.

How does it work?

Health and exercise professionals advise that exercise programmes for people with health conditions should incorporate exercises that improve muscular strength, flexibility and fitness.

Tai Chi can improve all of these things. It can also give additional health benefits.

- ▶ Tai Chi uses the principles of movement, intention and breathing
- ▶ It improves relaxation, balance and posture
- ▶ Tai Chi can improve balance and falls prevention
- ▶ Muscle strength is important for supporting and protecting joints which can reduce pain
- ▶ Flexibility exercises can help to reduce pain and stiffness, allowing you to move easier
- ▶ Stamina and fitness is very important for overall health and for the improved function of your heart, lungs and muscles
- ▶ Tai Chi facilitates the flow of Qi through your body. Qi is the life energy that circulates throughout the body, performing many functions which helps to maintain good health
- ▶ Practising Tai Chi helps to strengthen your Qi, therefore improving your health

Tai Chi for arthritis - the programme

There are many forms of Tai Chi but a specially designed programme has many advantages.

Dr Paul Lam's Tai Chi and medical team have created a simple, safe, gentle and effective programme for arthritis by modifying the Sun style movements. This programme can be used for people with many health conditions including fibromyalgia, depression, arthritis, loss of self esteem, fatigue, general de-conditioning.

How to register

Tai Chi is offered following an assessment with a musculoskeletal clinician who will then arrange your treatment.

Attending your session

Sessions take place at Hoyland Leisure Centre, West Street, Hoyland, Barnsley, S74 9EH.

What to wear

You don't need to wear any special clothing, just something loose and comfortable. Please also wear clean, flat, non-slip footwear; trainers or sports shoes are ideal.

When you arrive

Go to reception and ask them to give you directions. There are also changing rooms available, if you need them.

Medication

If you usually need to use medication during exercise, such as an inhaler or GTN spray, please bring it with you. You will not be able to participate in the session without having this medication with you.

At the end of a session

You will be asked to take a few minutes to complete an outcome form, this is to assess if there has been any change to your condition so that we can continue to tailor our care for you.

