

Water Tai Chi – A ‘Fusion’ Hydrotherapy for pain patients to exercise with confidence

Hydrotherapy has been a well recognized treatment of choice in the rehabilitation of painful conditions as in rheumatoid arthritis and other multiple joints pain.

Recently, there is a development of incorporating Tai Chi, a traditional Chinese wellness exercise into hydrotherapy. This fusion has provided synergic benefits to patients.

The warmth of hydrotherapy in itself is soothing and relaxing. Water buoyancy creates a de-weighting environment to facilitate exercises. All these properties go well with Tai Chi movements which are smooth, rounded, balanced and slowly rhythmic. Moreover, the drag in water particularly facilitates even the novice to practice the movement with ease and graceful elegance.

Water Tai Chi is usually conducted in groups by physiotherapists. The atmosphere of group therapy is stimulating and encouraging with a touch of mutual support. Water Tai Chi movements are derived from traditional Tai Chi set such as the Yang’s Tai Chi.

‘Ai Chi’, another simplified Water Tai Chi movement set introduced from Japan is also popular in Hong Kong and around the world.

After several sessions, patients would commonly experience pain relief, increased confidence in mobility, better quality of sleep and a general feeling of wellness. A recent RCT study also reported that Water Tai Chi improved balance and walking capacity.

Many a time, these improvements could help the pain patients to have more courage to adapt a more positive attitude in activities of daily life and self-management.

Water Tai Chi is now being practiced in physiotherapy departments of HA hospitals such as Alice Ho Miu Ling Nethersole Hospital and Princess Margaret Hospital. Other Ngos e.g. Community Rehab. Network Wellness Center also provides Water Tai Chi in the community to facilitate rehabilitation continuity and enhance healthy lifestyle.

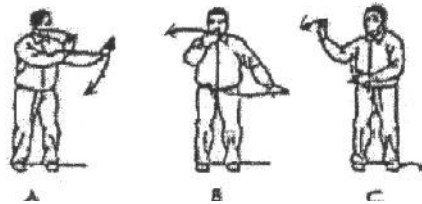
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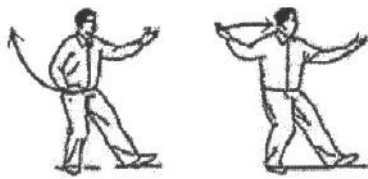
Water Tai Chi being practised in a smooth and rhythmic elegance



樓膝拗步



雲手



高探馬



右蹬腿