

# TAI CHI FOR OSTEOARTHRITIS

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All exercises should be done with

- Deep Breathing
- Empty-Full Moon
- Visualization of the Lower Energy Center
- Dissolving: Ice to Water, Water to Gas

# TAI CHI FOR OSTEOARTHRITIS

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*Chart to Record your Practice*

# IRON ON THE WALL

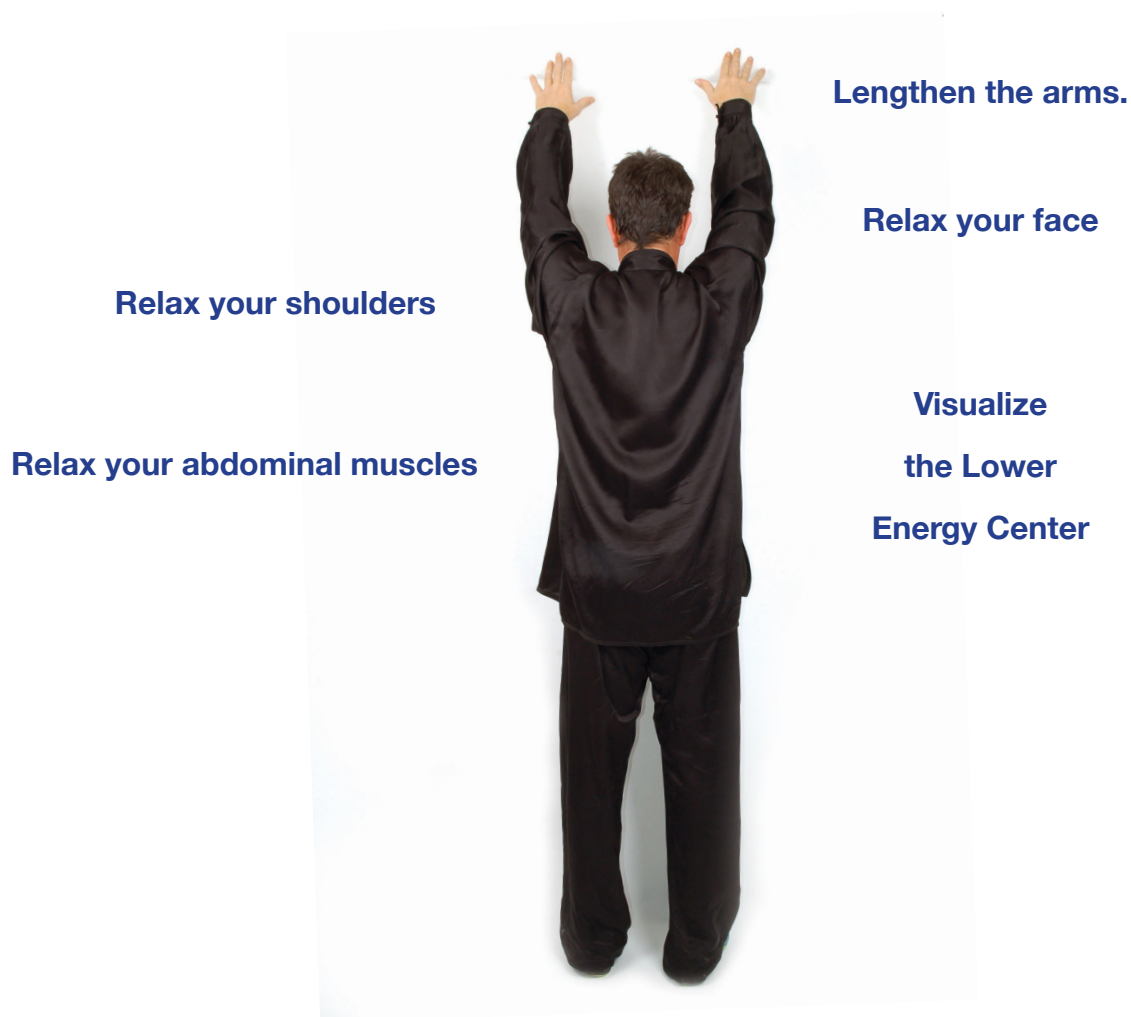
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2 MINUTES : 3 X DAY

Lengthen the spine.



Head is suspended.



Lengthen the arms.

Relax your face

Relax your shoulders

Relax your abdominal muscles

Visualize  
the Lower  
Energy Center

Stand two inches from the wall. Stretch your arms up the wall.

Breathe Deep

# VITAMIN H

2 MINUTES : 3 X DAY

Bend from your hips

Lean your elbows and head on an object at the height that is 80% effort for you

Legs are active. Spine relaxed.



**BEGINNER**



Stand with your feet together

**INTERMEDIATE**



**ADVANCED**

Breathe Deep in and out through the nose

Visualize the Lower Energy Center

Practice Empty-Full Moon

# CHAIR TWIST

2 MINUTES EACH SIDE : 2 X DAY



Breathe Deep

Practice Empty-Full Moon

Visualize the Lower Energy Center

# HERON

2 MINUTES EACH SIDE : 2 X DAY

Hold the wall or  
put a chair  
in front  
of you

Lengthen your spine



**BEGINNER**



**INTERMEDIATE**



**ADVANCED**

Lift your leg back and place your foot on an object at the height that is 80% effort for you

**Empty-Full Moon**

**Visualize the Lower Energy Center**

**Breathe Deep in and out through the nose**

# OUTER HIPS

2 MINUTES EACH LEG : 2 X DAY

Sit on a firm chair



Lengthen your spine



**BEGINNER**



**INTERMEDIATE**



**ADVANCED**

Place one leg sideways on an object at the height that is 80% effort for you

**Empty-Full Moon**

**Visualize the Lower Energy Center**

**Breathe Deep in and out through the nose**

# FINGERS 1-2-3-4

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**1 MINUTE EACH HAND : 3 X DAY**

**Breathe Deep in and out through the nose**

**Visualize the Lower Energy Center**

**Practice Empty-Full Moon**



**Move the fingers in order, one at a time,  
starting from the pinky**



# WAVE BYE-BYE

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**1 MINUTE EACH HAND : 3 X DAY**

**Breathe Deep in and out through the nose**

**Visualize the Lower Energy Center**

**Practice Empty-Full Moon**



**Open and close your palm**

# WRIST CIRCLES

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**1 MINUTE EACH DIRECTION : 3 X DAY**

**Grasp your fingers and rotate your wrists**



**Breathe Deep in and out through the nose**

**Visualize the Lower Energy Center**

**Practice Empty-Full Moon**

# ELBOWS

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**1 MINUTE : 3 X DAY**

**Breathe Deep in and out through the nose**

**Visualize the Lower Energy Center**

**Practice Empty-Full Moon**



**Bend your elbows and wave your palms  
near your ears**

# CRANE FLIES

Can be done sitting or standing

1 MINUTE : 3 X DAY



Pretend you are a crane



Practice Empty-Full Moon

Visualize the Lower Energy Center

Breathe Deep in and out through the nose



Be the crane



Lift your arms sideways



# CRANE STRIKES SIDWAYS

Can be done sitting or standing

**1 MINUTE : 3 X DAY**

Pretend you are a crane. Use your wings: strike side to side.



**INHALE**



**EXHALE**



**INHALE**



**Practice Empty-Full Moon**

**Visualize the Lower Energy Center**

**Breathe Deep in and out through the nose**

# UP AND DOWN LIKE THE MOON AND THE SUN

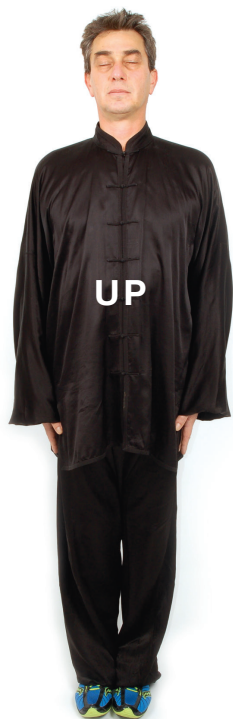
Slide up and down on a door jam or go up and down from a chair

10 TO 30 TIMES EVERY OTHER DAY

EXHALE



INHALE



UP

Legs Together



DOWN

EXHALE



INHALE



UP

Legs Apart



DOWN

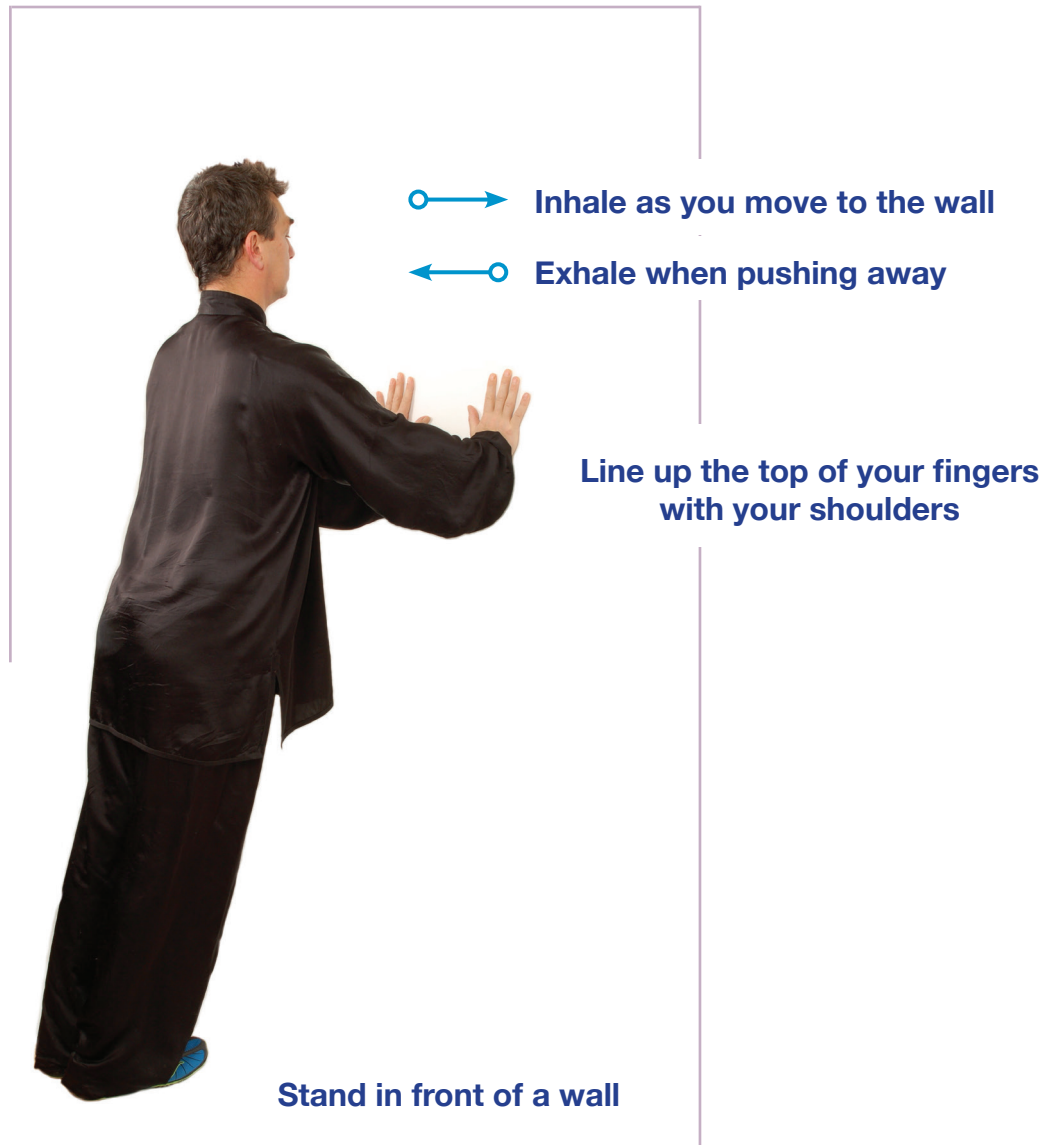
Make sure your toes are in front of your knees



# WALL PUSH UPS

Elbows in and beside your ribs

10 TO 30 TIMES EVERY OTHER DAY



Visualize the Lower Energy Center

Practice Empty-Full Moon

# ZEN MIND

Focus on your breath and empty your mind from any thoughts

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**1 TO 10 MINUTES EVERY DAY**

Sit on the floor or on a chair



Lengthen your spine

Head suspended



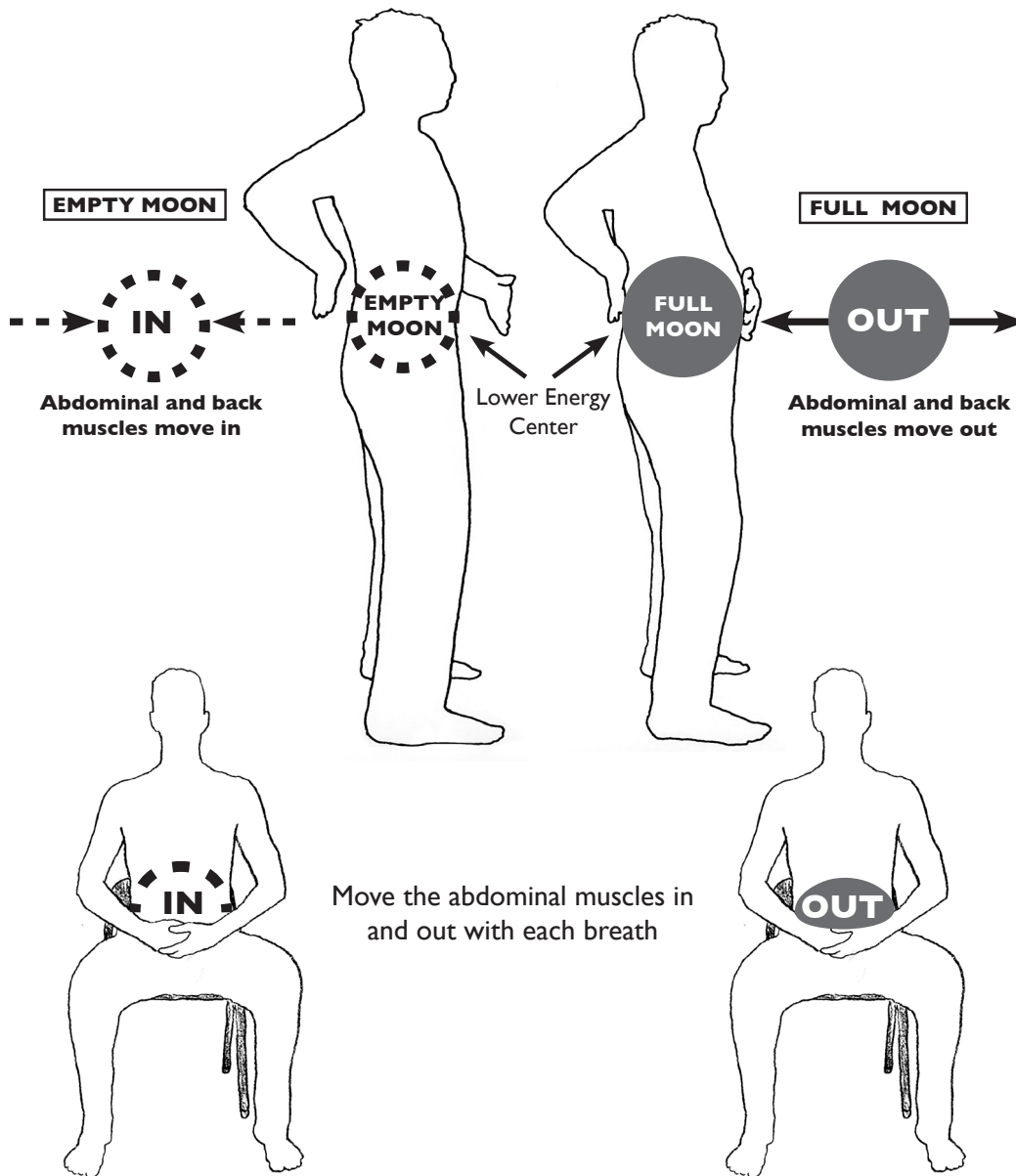
Breathe In  
Breathe Out  
Breathe In  
Breathe Out  
No Thoughts



# EMPTY FULL MOON

Can be done sitting or standing

1 TO 10 MINUTES EVERY DAY



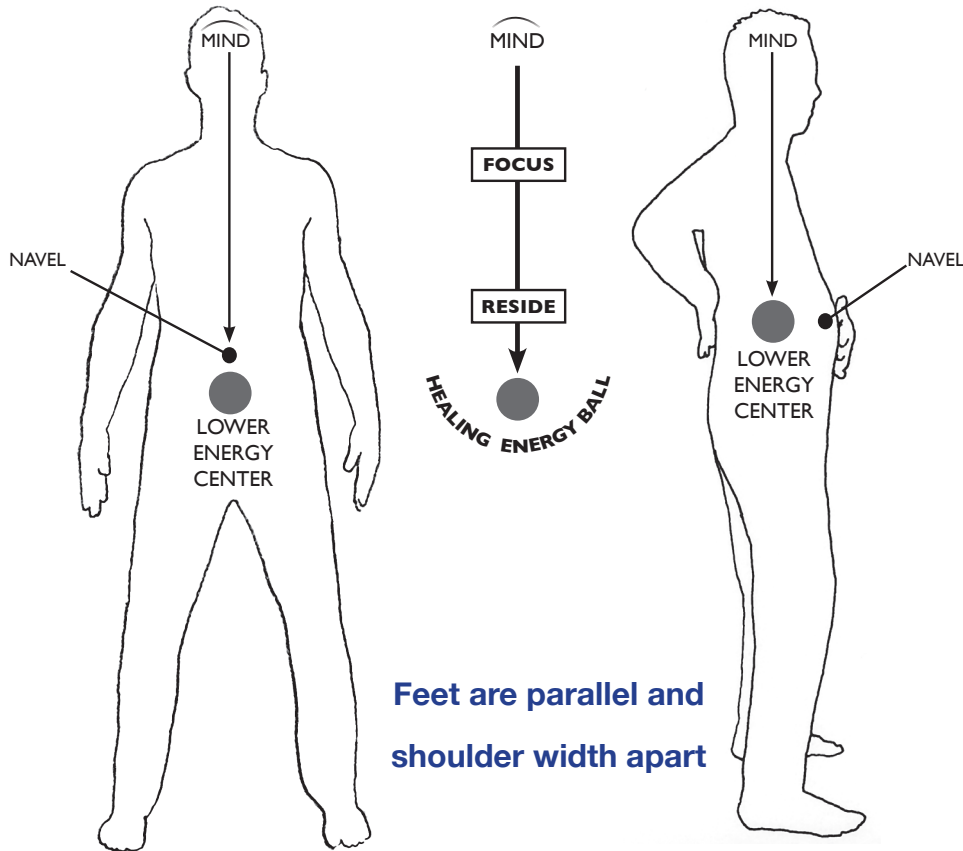
## TAOSIT BREATHING

# LOWER ENERGY CENTER VISUALIZATION

Sit on a chair or stand with your legs slightly bent

**1 TO 10 MINUTES EVERY DAY**

**Close your eyes and breathe deep through the nose**



**Visualize a healing energy ball**

**two inches below your belly button in the center of your body**

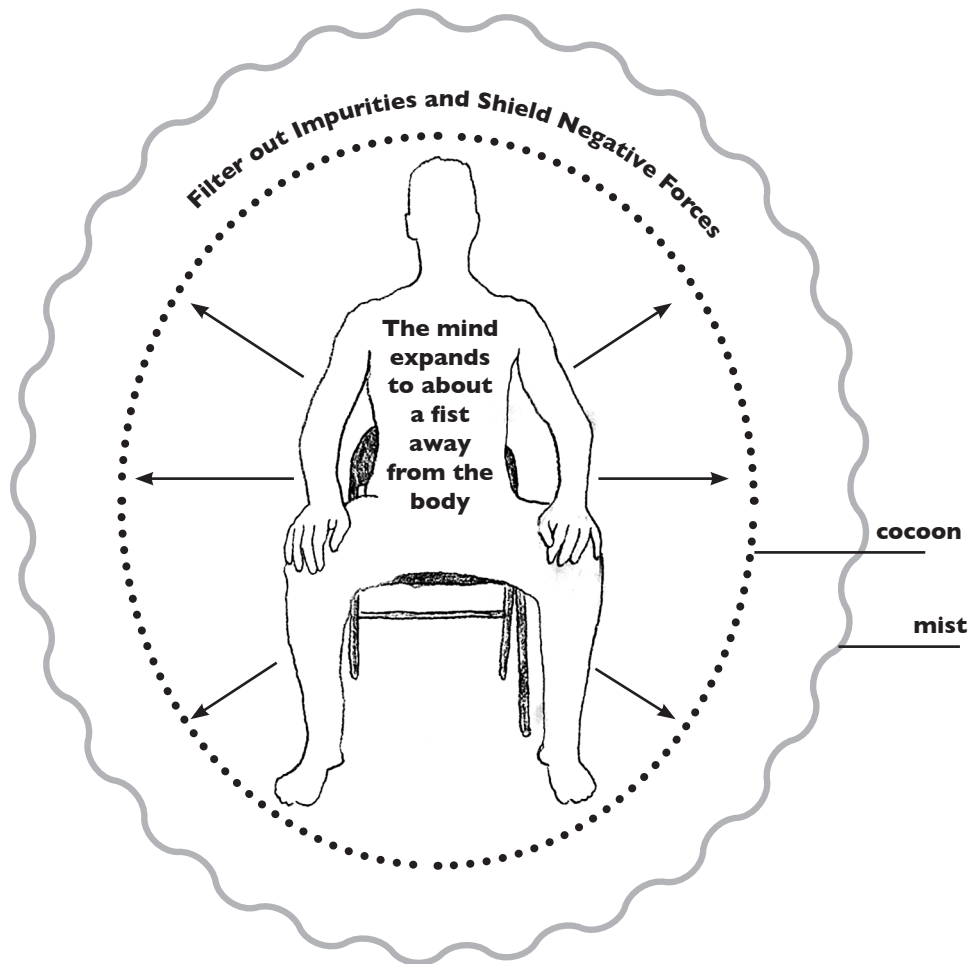
**VISUALIZE AND RESIDE IN THE ENERGY HEALING BALL**

# BUBBLE VISUALIZATION

1 TO 10 MINUTES EVERY DAY

Inhale and move your mind to the Lower Energy Center

Exhale and move your mind about an inch away from your body



Deep breathing in and out through the nose

# DISSOLVING MEDITATION

Ice to Water and Water to Gas

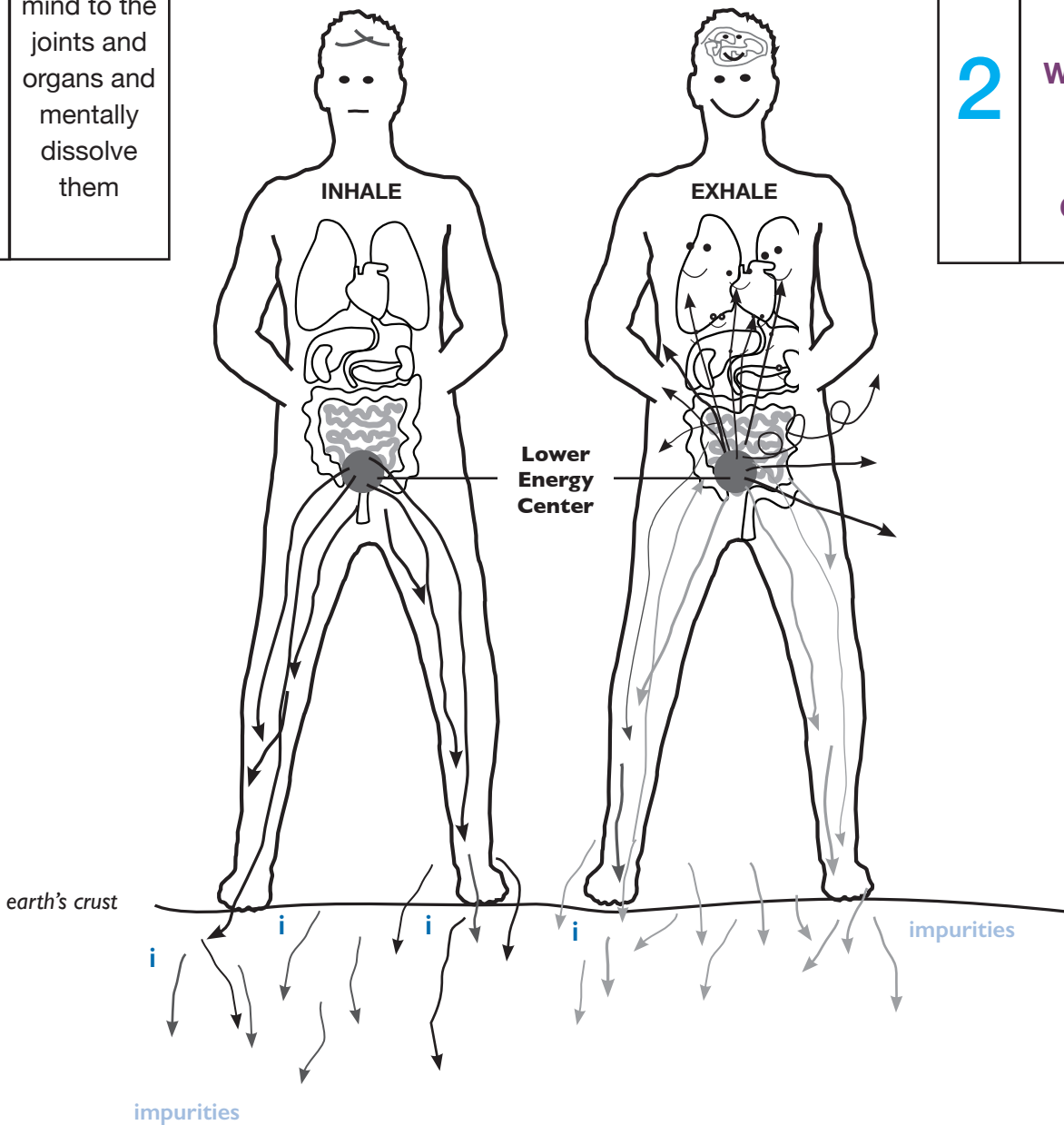
3 TO 15 MINUTES EVERY DAY

DISSOLVE	
<b>1</b>	Bring your mind to the joints and organs and mentally dissolve them

## DISSOLVE IMPURITIES

Lead them Down into the Earth

DISSOLVE	
<b>2</b>	ICE ↓ WATER ↓ GAS



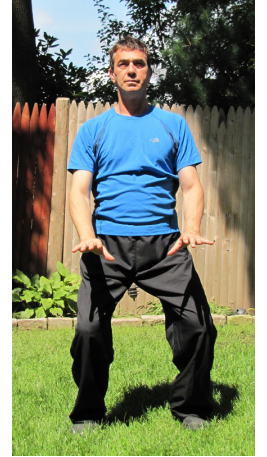


# THE TAI CHI FORM FOR OSTEOARTHRITIS

## MOUNTAIN

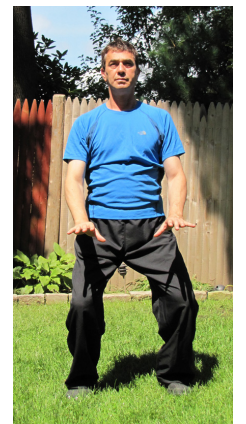
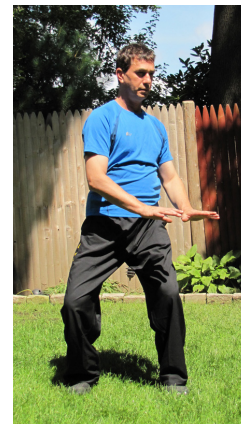


## BEGIN



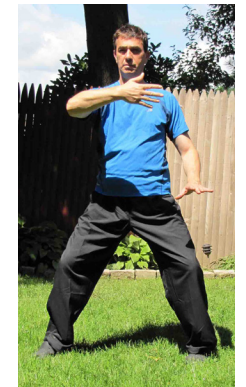
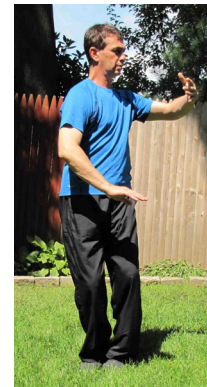
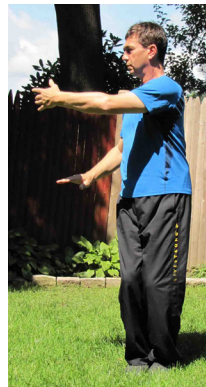
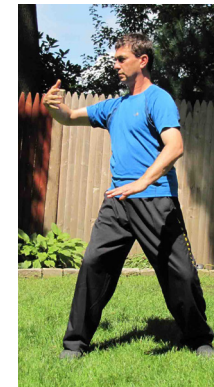
## GRIND

2 x  
to each  
direction



## WAVE HANDS

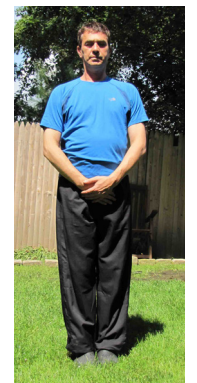
Right  
then Left



## NOURISH



## CLOSE



# TAI CHI FOR OSTEOARTHRITIS PRACTICE

Record your Practice		SUN	MON	TUE	WED	THU	FRI	SAT
Iron on the Wall	2 min							
Vitamin H	2 min							
Chair Twist	2 min x 2							
Heron	2 min x 2							
Outer Hips	2 min x 2							
Fingers 1-2-3-4	1 min x 2							
Wave Bye-Bye	1 min x 2							
Wrist Circles	1 min x 2							
Elbows	1 min							
Crane Flies	1 min							
Crane Strikes Sideways	1 min							
Up and Down x 2	10-30x							
Wall Push Ups	10-30x							
Zen Mind	1-10 min							
Empty-Full Moon	1-10 min							
Lower Energy Visualization	1-10 min							
Bubble Visualization	1-10 min							
Dissolving Meditation	3-15 min							
Tai Chi Form								
<i>Thoughts</i>								