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Seated Tai Chi For Arthritis DVD



Synopsis

This modified seated version of Tai Chi for Arthritis can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life. Health Professionals and carers using this program with people with disabilities can share quality time with them while improving their own health. It is suitable for people who are either unable to walk or are required to be seated, e.g. while in flight. Dr Lam teaches this program as though you are participating in his class, demonstrating each movement step-by-step. Dr Lam goes through each lesson with you and explains how to incorporate the tai chi principles into your practice and daily life.

Book Information

DVD

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Average Customer Review: 4.4 out of 5 stars 15 customer reviews

Best Sellers Rank: #364,505 in Books (See Top 100 in Books) #145 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #149 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

Overall, I would highly recommend this video, Seated Tai Chi for Arthritis: 6 lessons with Dr. Paul Lam. Many individuals with health issues will find this DVD useful for learning a seated Tai Chi practice that focuses on improving mobility, flexibility, and seated balance, and provides gentle overall body strengthening. I was able to use it from my first day after hip surgery. You can find my detailed review of this DVD at the Neuromuscular Diseases site at BellaOnline.com at this web address: [...]

Since I had one knee replacement and need the other one done I needed to devise a exercise program that I could maintain without causing knee pain. Since I have heard of Dr. Lam before I was

hoping that he had a program for seated Tai Chi and I was so happy to find this DVD. The program is easy to follow and is giving me all the benefits of doing a standard type of Tai Chi.

I have quite progressed Muscular Dystrophy, and very modified it works for me. One thing I do though, so I can follow from the correct side, considering I'm facing them, is I use the VLC media player (it's free online, but maybe other players can do this too) and flip it horizontally. I do that by going to Tools -> Effects & Filters -> Video Effects, then tick the Transform box, and from the drop down below it, choose Flip horizontally.

I bought this dvd because I have cerebral palsy and have some balance problems that can make standing exercise dangerous. This is a good introduction to basic tai chi adapted for the seated practitioner. The warm up exercises give a good whole body work out, considering that you are seated. The adaptations of tai chi for seated use, still use some leg muscles (if you are able) in ways that give some of the same lower body practice through selective muscle contractions. Dr. Lam's dual background as a medical doctor and a tai chi instructor allows him to combine both areas to get the maximum tai chi motions for a seated individual. I would have rated the dvd higher if there had been more forms to practice. I also got it for my parents who are in their 80's and it is a good safe low impact workout for them too.

I used to take Tai Chi classes with my mother who has Alzheimer's and very limited mobility. It occurred to me that if I could find a Tai Chi instructional video that could be done sitting down it might help her balance. This is it! She remembered that she took Tai Chi and was excited about doing the exercises. So happy I found this. It gives us a little extra quality time and I have no doubt she'll benefit from it.

this is very good for me, as i have arthritis, and it is more difficult to do standing exercises. the tai chi especially is slow and easy, and being seated is a plus.

I always like Dr. Lam's Videos very much. It is a lot of help learning how to do sitting Tai Chi for Arthritis.

I am doing better in moving . I do the exercise every morning.

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