



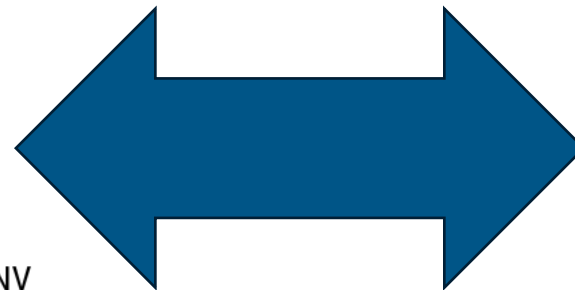
# Please set up for tai chi practice today in one or both of these ways:

Seated in a chair with  
support on one or both  
sides



- For practice of
- 10 minutes seated
  - +  
• 20 minutes seated  
or standing with  
support

Standing with a chair on either side





# Adapted Tai Chi

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**NAF**  
National Ataxia  
Foundation

March 27-29, 2025  
Planet Hollywood  
Las Vegas, NV

# DISCLAIMER



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# PRESENTER DISCLOSURES

Jennifer Keller

The following personal financial relationships with commercial interests' relevant to this presentation existed during the past 12 months:

No relationships to disclose or list



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<https://www.taichihealth.com/>

Tai Chi Fundamentals Adapted Program  
With optional side support, walker support  
and seated versions



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# Why tai chi is an informed choice for ataxia?

## Aids motor performance

- Slow movement
- Simplifying movement
- Relaxation

## Other wellness benefits

- Cardiovascular training
- Strengthening

## Prevent falls and improve walking

- Wide base of support
- Balance training



# While tai chi is safe, gentle and appropriate for most people:

- Only participate today if you have consulted a health care provider and know that exercise is safe for you at this time.
- You can always watch and learn today and follow up with your health care provider to ask if this is appropriate for you.



# Listen to your body throughout the practice

- **Do not attempt** any movements that feel uncomfortable
- **Stop immediately** if you experience pain

**Use adequate support** to maintain  
your balance throughout





# Tai Chi Principles

- Relax
- Keep body upright
- Separate weight
- Slow movement
- Move from your core



# Warm Ups (seated)

- Cross hands (hug) (soar above the clouds)
- Side bends (stand firm and embrace the sky)
- Waterfall and hip flexion with spine straight
- Holding the moon and gathering the stars
- Bathing in the Light
- Heel slides





**How do you want to practice for the rest of the session?**

Relaxed

Supported

Balanced

Free moving



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# Basic Moves (seated or standing with support)

- Horse standing
- Riding the horse
- Bear rooting
- Tai chi stance / bear walking



# Form Practice (seated or standing)

- Preparation
- Beginning
- Tai Chi Stance
- Ward off
- Press
- Push
- Cross Hands
- Bathing in the Light



# Thank you!

- Thank you, NAF, for this opportunity.
- Thank you, participants, for the practice today and the insight you provide in the clinic and in research.
- Thank you, Tai Chi Health, for the adapted program.



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