

Tai Chi for Osteoarthritis

Commonly affecting the knees, hips, fingers, and lower spine region, osteoarthritis is a joint disease associated with aging. Since there is no known cure, treatments typically focus on reducing painful symptoms.

Tai Chi is an exercise recommended for alleviating joint pain and increasing strength, flexibility, and balance in older adults. It is a Chinese martial art that focuses on slow, rhythmic, and meditative body movements designed to promote relaxation, inner peace, and calm.

A systematic review investigating the effectiveness of Tai Chi for osteoarthritis has concluded that Tai Chi may be effective for pain control in those with knee osteoarthritis.

Sources: [Clinical Rheumatology](#)

Exercise Video: https://youtu.be/qj0ft1CQC_4



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