

# Huntingdon GPVTS Tai Chi Class

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# Tai Chi

- Really useful tip for Rheumatological patients experiencing PAIN!
- I discuss this with **all** patients who have **Fibromyalgia**
- I **consider** this for the following patients:
- Back pain
- Osteoarthritis
- Inflammatory arthritis
- Weight loss
- Those patients awaiting physio appointments

# How to sell this to the patient!

- Its free!

Hundreds of videos available on youtube (search for **Dr Paul Lam** who is a GP in Sydney)

- You can do it in the comfort of your own home – no need for gym embarrassment
- It doesn't feel like exercise...it feels quite nice
- (Virtually) Everyone can do it

- The next patient you see with fibromyalgia who is experiencing worsening pain....
- Teach them how to ‘Push the Water’ or move ‘Over the Drum’ rather than just increasing the dose of amitryptilline or other painkillers.

# Practical Demonstration

- Everybody stand up, give yourselves some space and lets try some tai chi!
- [www.youtube.com/watch?v=PNtWqDxwwMg](http://www.youtube.com/watch?v=PNtWqDxwwMg)