

# **Listing of Reviews, Studies, Articles, and Resources Regarding Tai Chi Chuan as a Medical Modality**

## **Systematic Reviews**

[The Effects of Tai Chi On Fall Prevention, Fear of Falling and Balance In Older People: A Meta-Analysis.](#) Logghe IH, Verhagen AP, Rademaker AC, et al. *Preventative Medicine*. 2010 Sep-Oct;51(3-4):222-7.

[A Comprehensive Review of Health Benefits of Qigong and Tai Chi.](#) Jahnke R, Larkey L, Rogers C, et al. *American Journal of Health Promotion*. July-Aug 2010;24[6]:e1–e25.

[Physical Exercise and Reduction of Pain in Adults With Lower Limb Osteoarthritis: A Systematic Review.](#) Escalante Y, Saavedra JM, García-Hermoso A, et al. *Journal of Back and Musculoskeletal Rehabilitation*. 2010;23(4):175-86.

[Tai Chi as a Balance Improvement Exercise For Older Adults: A Systematic Review.](#) Liu H, Frank A. *Journal of Geriatric Physical Therapy*. 2010 Jul-Sep;33(3):103-9.

[Tai Chi On Psychological Well-Being: Systematic Review and Meta-Analysis.](#) Wang C, Bannuru R, Ramel J, et al. *BMC Complementary and Alternative Medicine*. 2010 May 21;10:23.

[The Effects of Tai Chi On Body Balance in Elderly People--A Review of Studies From the Early 21st Century.](#) Maciaszek J, Osiński W. *American Journal of Chinese Medicine*. 2010;38(2):219-29.

[An Integrative Review of Tai Chi Research: An Alternative Form of Physical Activity To Improve Balance and Prevent Falls In Older Adults.](#) Wooton AC. *Orthopaedic Nursing*. 2010 Mar-Apr;29(2):108-16; quiz 117-8.

[Tai Chi For Breast Cancer Patients: A Systematic Review.](#) Lee MS, Choi TY, Ernst E. *Breast Cancer Research and Treatment*. 2010 Apr;120(2):309-16.

[The Effect of Tai Chi On Psychosocial Well-Being: A Systematic Review of Randomized Controlled Trials.](#) Wang WC, Zhang AL, Rasmussen B, et al. *Journal of Acupuncture and Meridian Studies*. 2009 Sep;2(3):171-81.

[A Systematic Review of the Effectiveness of Tai Chi On Fall Reduction Among the Elderly.](#) Low S, Ang LW, Goh KS, Chew SK. *Archives of Gerontology and Geriatrics*. 2009 May-Jun;48(3):325-31.

[The Effectiveness of Tai Chi For Chronic Musculoskeletal Pain Conditions: A Systematic Review and Meta-Analysis.](#) Hall A, Maher C, Latimer J, Ferreira M. *Arthritis and Rheumatism*. 2009 Jun 15;61(6):717-24.

[Tai Chi Exercise for Patients With Cardiovascular Conditions and Risk Factors: A Systematic Review.](#) Yeh GY, Wang C, Wayne PM, Phillips R. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2009;29:152–160.

[Effectiveness of Tai Chi For Parkinson's Disease: A Critical Review.](#) Lee MS, Lam P, Ernst E. *Parkinsonism and Related Disorders*. 2008 Dec;14(8):589-94.

[The Effect of Tai Chi Exercise on Blood Pressure: A Systematic Review.](#) Yeh GY, Wang C, Wayne PM, et al. *Preventive Cardiology*. 2008 Spring;11(2):82-9.

[The Effectiveness of Tai Chi Exercise In Improving Aerobic Capacity: An Updated Meta-Analysis.](#) Taylor-Piliae RE. *Medicine and Sports Science*. 2008;52:40-53.

[Tai Chi For Type 2 Diabetes: A Systematic Review.](#) Lee MS, Pittler MH, Kim MS, et al. *Diabetic Medicine*. 2008 Feb;25(2):240-1. (No abstract available.)

[The Effects of Tai Chi on Bone Mineral Density in Postmenopausal Women: A Systematic Review.](#) Wayne PM, Kiel DP, Krebs DE, et al. *Archives of Physical Medicine and Rehabilitation*. 2007 May;88:673-80

[The Effect of Tai Chi on Health Outcomes In Patients With Chronic Conditions: A Systemic Review.](#) Wang C, Collet JP, Lau J. *Archives of Internal Medicine*. 2004;164(5):493–501.

### **Recent Studies and Trials**

[Complementary Use of Tai Chi Chih Augments Escitalopram Treatment of Geriatric Depression: A Randomized Controlled Trial.](#) Lavretsky H, Alstein LL, Olmstead RE, et al. *American Journal of Geriatric Psychiatry*. 2011 March.

[Effects of Tai Chi Exercise On Posturography, Gait, Physical Function and Quality of Life in Postmenopausal Women With Osteopaenia: A Randomized Clinical Study.](#) Chyu MC, James CR, Sawyer SF, et al. *Clinical Rehabilitation*. 2010 Dec;24(12):1080-90.

[Tai Chi Exercise Versus Rehabilitation for the Elderly With Cerebral Vascular Disorder: A Single-Blinded Randomized Controlled Trial.](#) Wang W, Sawada M, Noriyama Y, Arita K, Ota T, Sadamatsu M, Kiyotou R, Hirai M, Kishimoto T. *Psychogeriatrics*. 2010 Sep;10(3):160-6.

[A Randomized Trial of Tai Chi For Fibromyalgia.](#) Wang C, Schmid CH, Rones R, et al. *New England Journal of Medicine*. 2010;363(8):743–754.

[Effect of Tai Chi Training On Baroreflex Sensitivity and Heart Rate Variability In Patients With Coronary Heart Disease.](#) Sato S, Makita S, Uchida R, et al. *International Heart Journal*. 2010 Jul;51(4):238-41.

[Effects of Tai Chi and Western Exercise On Physical and Cognitive Functioning In Healthy Community-Dwelling Older Adults.](#) Taylor-Piliae RE, Newell KA, Cherin R, et al. *Journal of Aging and Physical Activity*. 2010 Jul;18(3):261-79.

[Effects of Tai Chi and Western Exercise On Physical and Cognitive Functioning In Healthy Community-Dwelling Older Adults.](#) Taylor-Piliae RE, Newell KA, Cherin R, et al. *Journal of Aging and Physical Activity*. 2010 Jul;18(3):261-79.

[Comparison of Telecommunication, Community, and Home-Based Tai Chi Exercise Programs On Compliance and Effectiveness in Elders at Risk For Falls.](#) Wu G, Keyes L, Callas P, Ren X, Bookchin B. *Archives of Physical Medicine and Rehabilitation*. 2010 Jun;91(6):849-56.

[Green Tea Polyphenols Supplementation and Tai Chi Exercise For Postmenopausal Osteopenic Women: Safety and Quality of Life Report.](#) Shen C-L, Chyu M-C, Pence BC, et al. *BMC Complementary and Alternative Medicine*. 2010;10(1):76.

[Effects of a Structured Weight-Bearing Exercise Program on Bone Metabolism Among Breast Cancer Survivors: A Feasibility Trial.](#) Peppone LJ, Mustian KM, Janelins MC, et al. *Clinical Breast Cancer*. 2010 Jun;10(3):224-9.

[Effectiveness of a Tai chi Qigong Program in Promoting Health-Related Quality of Life and Perceived Social Support in Chronic Obstructive Pulmonary Disease Clients.](#) Chan AW, Lee A, Suen LK, Tam WW. *Quality of Life Research*. 2010 Jun;19(5):653-64.

[A Randomized Study of the Effects of Tai Chi On Muscle Strength, Bone Mineral Density, and Fear of Falling In Women With Osteoarthritis.](#) Song R, Roberts BL, Lee EO, et al. *Journal of Alternative and Complementary Medicine*. 2010 Mar;16(3):227-33.

[Tai Chi Is Effective In Treating Knee Osteoarthritis: A Randomized Controlled Trial.](#) Wang C, Schmid CH, Hibberd PL, et al. *Arthritis & Rheumatism*. 2009;61(11):1545-553.

[Green Tea Polyphenols and Tai Chi For Bone Health: Designing A Placebo-Controlled Randomized Trial](#) Shen CL, Chyu MC, Yeh JK, et al. *BMC Musculoskeletal Disorders*. 2009 Sep 4;10:110.

[Exercise Intervention in Brain Injury: A Pilot Randomized Study of Tai Chi Qigong.](#) Blake H, Batson M. *Clinical Rehabilitation*. 2009 Jul;23(7):589-98.

[Short-Form Tai Chi Improves Standing Balance of People With Chronic Stroke.](#) Au-Yeung SS, Hui-Chan CW, Tang JC. *Neurorehabilitation and Neural Repair*. 2009 Jun;23(5):515-22.

[A Randomized Controlled Trial of Tai Chi For Long-Term Low Back Pain: Study Rationale, Design, and Methods.](#) Hall AM, Maher CG, Latimer J, et al. *BMC Musculoskeletal Disorders*. 2009 May 28;10:55.

[Enhancement of Sleep Stability With Tai Chi Exercise in Chronic Heart Failure: Preliminary Findings Using An ECG-Based Spectrogram Method.](#) Yeh GY, Mietus JE, Peng CK, et al. *Sleep Medicine*. 2008;9(5):527–536.

[Improving Glycaemic and BP Control In Type 2 Diabetes. The Effectiveness of Tai Chi.](#) Lam P, Dennis SM, Diamond TH, Zwar N. *Australian Family Physician*. 2008 Oct;37(10):884-7.

[Tai Chi Improves Balance and Mobility In People With Parkinson Disease.](#) Hackney ME, Earhart GM. *Gait and Posture*. 2008 Oct;28(3):456-60.

[Effects of 14-Week Tai Ji Quan Exercise On Metabolic Control In Women With Type 2 Diabetes.](#) Zhang Y, Fu FH. *American Journal of Chinese Medicine*. 2008;36(4):647-54.

[Tai Chi Chuan For Breast Cancer Survivors.](#) Mustian KM, Palesh OG, Flecksteiner SA. *Medicine and Sports Science*. 2008;52:209-17.

[Effects of Tai Chi On Glucose Homeostasis and Insulin Sensitivity In Older Adults With Type 2 Diabetes: A Randomised Double-Blind Sham-Exercise-Controlled Trial.](#) Tsang T, Orr R, Lam P, et al. *Age and Ageing*. 2008 Jan;37(1):64-71.

[Augmenting Immune Responses to Varicella Zoster Virus In Older Adults: A Randomized, Controlled Trial of Tai Chi.](#) Irwin MR, Olmstead R, Oxman MN. *Journal of the American Geriatrics Society*. 2007 Apr;55(4):511-7.

[Shingles Immunity and Health Functioning in the Elderly: Tai Chi Chih as a Behavioral Treatment.](#) *Evidence Based Complementary and Alternative Medicine*. 2004 Dec;1(3):223-232.

[Can Tai Chi Improve Vestibulopathic Postural Control?](#) Wayne PM, Krebs DE, Wolf SL, et al. *Archives of Physical Medicine and Rehabilitation*. 2004;85:142-52.

## **Articles**

[Tele-Tai Chi Brings Vital Balance to Elders](#), University of Vermont Today (2010).

[Easing Ills Through Tai Chi](#), Harvard Magazine, January-February 2010

[The Health Benefits of Tai Chi](#), Harvard Women's Health Watch, May 2009

[Challenges Inherent to T'ai Chi Research: Part I--T'ai Chi As A Complex Multicomponent Intervention](#). Wayne PM, Kaptchuk TJ. *Journal of Alternative and Complementary Medicine*. 2008 Jan-Feb;14(1):95-102.

[Challenges Inherent to T'ai Chi Research: Part II-Defining the Intervention and Optimal Study Design](#). Wayne PM, Kaptchuk TJ. *Journal of Alternative and Complementary Medicine*. 2008 Mar;14(2):191-7.

[T'ai Chi and Qigong for Health: Patterns of Use in the United States](#). Birdee GS, Wayne PM, David RB, et al. *Journal of Alternative and Complementary Medicine* 2009; 15(9): 969-973.

### **Resources and Links**

The [National Center for Complementary and Alternative Medicine](#), part of the National Institute of Health, includes Tai Chi as one of the mind-body practices under investigation and is a main source of funding. The NCCAM website provides links to PubMed citations of published clinical trials, studies, and reviews.

In 2003, the National Library of Medicine, the largest medical library in the world and subdivision of U.S. Department of Health and Human Services, awarded a grant to American Tai Chi and Qigong Association to build a website titled "The Tai Chi & Consumer Health Information Center". The information center was officially released in 2004 and has since then been providing scientific, reliable, and comprehensive information about various health benefits of Tai Chi.

[www.americantaichi.net](http://www.americantaichi.net)

University of Vermont's Department of Rehabilitation and Movement Science  
Dr. Ge Wu, Tai Chi Research

<http://www.uvm.edu/~gwu/>

The Institute of Integral Qigong and Tai Chi

[http://www.instituteofintegralqigongandtaichi.org/qigong\\_tai\\_chi\\_research/](http://www.instituteofintegralqigongandtaichi.org/qigong_tai_chi_research/)

A clear listing of current Tai Chi research and articles.

<http://www.taichiresearch.com/>