Tai Chi Fundamentals[®] Program Selected Bibliography

RESEARCH

Chewning B, Hallisy KM, Mahoney J. Wilson D, Sangasubana N, Gangnon R. "Disseminating tai chi in the community: promoting home practice and improving balance." *Gerontologist* 2019 Feb 27. pii: gnz006. [Epub ahead of print] Available at: <u>https://doi.org/10.1093/geront/gnz006</u>.

This study used the Adapted Tai Chi Fundamentals® Program as the Tai Chi intervention

Reid-Arndt SA, et al., "Tai Chi effects on neuropsychological, emotional, and physical functioning following cancer treatment: A pilot study", *Complementary Therapies in Clinical Practice* (2011), doi:10.1016/j.ctcp.2011.02.005. *This study used the Tai Chi Fundamentals Program as the Tai Chi intervention*

BOOKS:

Kosasih, J, MD, and D. H. Jurisic, MD. "Tai Chi and Feldenkrais: Therapeutic Movement-Based Mind-Body Practices.," *Non-Pharmacological Management of Osteoposis*. Sinki, M and M, Pfeifer, Editors, Springer International, 2017.

Yu, T. Tai Chi Mind and Body. DK Publishing 2003. (Translated into eleven languages)

Kittel, M, Editor. The Doctors' Book of Home Remedies for Stronger Bones. Rodale Press, 1999.

Yu, T. and J Johnson, <u>Tai Chi Fundamentals for Health Professionals and Instructors</u>. Uncharted Country Publishing, 1999.

ARTICLES in PROFESSIONAL PUBLICATIONS:

Hallisy, K. "Health Benefits of Tai Chi: Potential Mechanisms of Action (Commentary)." Int J Fam Commun Med 2018;2(5):261-264.

Hallisy, K. "Tai Chi Beyond Balance and Fall Prevention: Health Benefits and Its Potential Role in Combatting Social Isolation in the Aging Population (Review)." *Curr Geri Rep* (2018) 7: 37.

Hallisy, K. "Clinical Application of Tai Chi for Management of Chronic Low Back Pain: A Theoretical Discussion." *Orthopaedic Physical Therapy Practice*. Jan 2016:28(1):76-81.

. "A Model for Teaching Tai Chi at a Work Site". T'ai Chi Magazine. Winter 2009:10-13.

Dobson, S. "Tai Chi and Qigong Can be Applicable in the Acute-Care Setting" *Advance for Physical Therapists* 17:3 Jan 16 2006: 36.

Van Ryzen, J. "Nurturing Body and Mind: Program Aims to Bring Tai Chi to Older Adults" Innovations, A Publication of the National Council on Aging 35:1 Issue 1 2006: 13-17. References to Tai Chi Fundamentals[®]

Matsuda, S, D. Martin, T. Yu, "Ancient Exercise for Modern Rehab" Rehab Management Journal March 2005:24-27.

Norton, A. "Tai Chi Gaining Ground as Exercise for Elderly. Medline Plus March 30 2005.

Nunberg, N. "Tai Chi Mind and Body Review." Journal of Asian Martial Arts 2.14 (2005):87.

_."Tai Chi Fundamentals" Horizions CIGA Newsletter. 1.3 Spring 2004:1.

Tai Chi Fundamentals[®] Program Selected Bibliography and Additional Recommended Reading

ARTICLES in PROFESSIONAL PUBLICATIONS continued:

Arenz, D. "Reviews: Tai Chi Mind and Body" Taijiquan Journal. Spring/Summer 2004:44.

Johnson, J. and T. Yu. "Tai Chi for the Elderly." GeriNotes Jan. 2001: 21-24.

. "Tai Chi Program Developed for Health Professionals." PT Magazine. May, 2000.

------. "Tai Chi (Part 2): Effects on Health." ACSM Health and Fitness Journal, 4.3 (2000): 1-5.

Bottomley, J. "The Use of Tai Chi as a Movement Modality in Orthopaedics." *Orthopaedic Physical Therapy Clinics of North America* 9.3 (2000): 361–373.

Bottomley, J., and J.T. Sykes. "Lessons From China" [reviews *Tai Chi Fundamentals for Health Care Professional and Instructors*]. *The Gerontologist* 40.4 (2000): 509–510.

Chewning, B., J. Johnson, and T. Yu. "Tai Chi (Part 1): Ancient Exercise for Contemporary Life." *American College of Sports Medicine Health and Fitness Journal* 4.2 (2000): 1–6.

DeFalco, J. "Incorporating Tai Chi and ROM Dance Exercise for Older Adults into Your Program." *Wellness Program Management Advisor* Oct. 2000: 4–5.

Fritsch D., S. Watts, and T. Yu. "Range of Motion Dance: Bodyworkers Add Another Healing Technique to Their Tool Kits." *Massage and Bodywork.* Jun./Jul. 2000:12–22.

Wolf, S.L. "Review of Tai Chi Fundamentals Materials" Physical Therapy Journal 80.11 (2000), 1132-1133.

SOFTWARE

Yu, T. and G Janz, Tai Chi Fundamentals Program Exercise Software Kit. Visual Health Information, 2008.

ARTICLES in LAY PUBLICATIONS:

. "Go with the Flow with Tai Chi" Weight Watchers Magazine June 2005: 40-44.

Sobel, S. "New Twist on Tai Chi" *Weill College of Cornell University Food and Fitness Advisor* 8:12, Dec 2005.

Smith, C. "Review: Tai Chi Fundamentals for Mastering Tai chi Basics." Booklist 1 Sept 2003.

Sullivan, K. "Review: Tai Chi: Exercise for Lifelong Health and Well-Being" Video Librarian 18.06 (2003) 33.

Teare, T. "Your Personal Exercise Rx." Fitness Nov. 2003:141-143.