

Tai Chi Fundamentals and Tai Chi Prime references

- 2019 Chewning B, **Hallisy KM**, Mahoney JE, Wilson D, Sangasubana N, Gangnon R. Disseminating tai chi in the community: promoting home practice and improving balance. *Gerontologist*. 2019 Feb 27. pii: gnz006, <https://doi.org/10.1093/geront/gnz006>
Available at: <https://www.ncbi.nlm.nih.gov/pubmed/30811543>
- 2018 **Hallisy KM**. Health benefits of tai chi: potential mechanisms of action (Commentary). 2018;2(5):261-264. Available at: <http://medcraveonline.com/IJFCM/IJFCM-02-00091.pdf>
- 2018 **Hallisy KM**. 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.
Available at: <https://link.springer.com/article/10.1007%2Fs13670-018-0233-5>
- 2018 **Hallisy KM**. APTA *MoveForward* Radio: Tai Chi and Physical Therapy (Podcast, May 3, 2018).
Available at: <https://www.moveforwardpt.com/Radio/Detail/tai-chi-physical-therapy>
- 2017 **Hallisy KM**. Tai Chi: An Ancient Chinese Secret for Optimal Aging and Well-Being. Institute of Aging 29th Annual Symposium, Gordon Commons Exhibition Hall, UW-Madison, Madison WI
http://aging.wisc.edu/outreach/2017_colloquium/regist_postevent.php

Mobility, strength, and balance, both mental and physical, are essential for optimal aging and well-being. Tai chi is an ancient Chinese martial art based on balancing one's mind and body to create an overall sense of peace and harmony, naturally inspiring long life. By utilizing relaxed, fluid, non-impact, and three-dimensional movement, Tai Chi fosters effective and efficient movement patterns addressing the strength, endurance, mobility and movement coordination impairments frequently seen in the aging population. This lecture will appraise the numerous evidenced-based health and wellness benefits of tai chi for the aging population, and includes an experiential tai chi training session.

Click for a [pdf](#) of the presentation.

Click to view the [video](#).



Prof. Kristi Hallisy

- 2015 **Hallisy KM**. Tai Chi: Meditative Movement Therapy as a Biopsychosocial Intervention for Persistent Pain: Clinical Applications. The 3rd International Conference and Exhibition on Physical Medicine and Rehabilitation: “*Trends and New Approaches in Physical Medicine and Rehabilitation Practice*” hosted by OMICS Group, San Antonio, TX (Platform)

Link to Abstract: <https://www.omicsonline.org/proceedings/tai-chi-meditative-movement-therapy-as-a-biopsychosocial-intervention-for-persistent-pain-a-clinical-application-27482.html>

- 2015 **Hallisy KM.** Clinical Application of Tai Chi for Pain Management. International Tai Chi Chuan Symposium on Health, Education and Cultural Exchange, Spalding University, Louisville, KY (Platform). NOTE: Following this platform, I was invited to be a *Panelist* for Academic Discussion with the Tai Chi Grandmasters on the Health Benefits of Tai Chi.
View PowerPoint: [Tai chi for Pain Management-Clinical Application](#) (Retrieved 8/31/2019)
- 2015 **Hallisy KM.** The 3rd International Conference and Exhibition on Physical Medicine and Rehabilitation: “*Trends and New Approaches in Physical Medicine and Rehabilitation Practice*” hosted by OMICS Group, San Antonio, TX (Platform, Poster and 4-hr workshop)
Tai Chi as a meditative movement therapy for persistent pain: an exploratory workshop.
View Abstract: <https://www.omicsonline.org/2329-9096/2329-9096.S1.010-009.pdf>