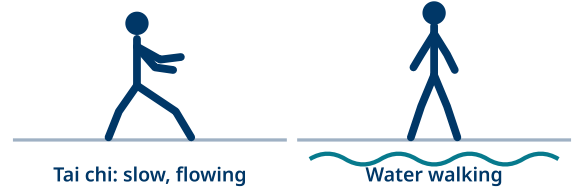


Tai chi, gentle movement & aquatic therapy

What it is

Tai chi uses slow, flowing movements. Water exercise lets you move with less stress on your joints. Both may help with pain, balance and stiffness.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.



It may help with

- Osteoarthritis
- Knee Arthritis
- Fibromyalgia
- Spinal Stenosis

Self-care tips

- Look for beginner or arthritis-friendly tai chi classes, or seated tai chi if balance is a concern.
- For water exercise, warm pools (around 83 to 90°F) are often recommended for arthritis.
- You do not need to swim to do water exercise; use a flotation belt if you want extra support.
- Check with your clinician before pool exercise if you have open wounds, heart or lung disease, or recent surgery.

How to start

Ready stance: 30 seconds

Weight shift: 6–8 slow shifts

Water walking: 5–10 minutes

Gentle cool-down: 1–2 minutes

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/tai-chi-aquatic/



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This handout is general information and is not a substitute for medical advice.