

**Tai Chi for Rehabilitation
Registration Form**

Name _____

Title: PT PTA OTR COTA ATC

Home Address _____

City _____

State _____ Zip _____

Professional License Number (include State):

Day or Cell: () _____

Please check course location and date:
 Decatur, GA March 17-18, 2012
 Staten Island, NY April 14-15, 2012
 Rochester, NH May 11-12, 2012
 Ft. Wayne, IN May 17-18, 2012

\$425 Early Bird
 \$455 Late (within 2 weeks of course date)

Mail confirmation letter to above address OR
 Fax confirmation letter to

(please print clearly)

\$ _____ check enclosed or charge to

MC Visa Discover Exp. Date ____/____

Signature _____

Mail form and check (made payable to
QUEST) to:

Trudy S. Goldstein, PT
25 Mountain Rd.
Burlington MA 01803-4739



Q U E S T 

Quality Educational
Seminars for Therapists

Tai Chi for Rehabilitation

Speaker:
Trudy S. Goldstein, PT
3rd Degree Black Belt



In four locations in 2012:

Decatur, GA — March 17-18
Staten Island, NY — April 14-15
Rochester, NH — May 11-12
Ft. Wayne, IN—May 17-18



Course Information

This two-day workshop introduces the incorporation of Tai Chi into a therapeutic exercise program. Therapists will be taught to use Tai Chi as a rehabilitation tool to restore natural movement patterns in their patients of all ages and abilities. Workshop time is devoted to learning basic Qi Gong breathing and Tai Chi. Current research supporting the usage of Tai Chi in rehabilitation will be discussed.

At the conclusion of this course, participants will be able to:

- ☉ Design rehab programs based on Tai Chi to improve posture, balance, motor control, gait and cardiopulmonary function.
- ☉ Perform beginning Qi Gong and Tai Chi.
- ☉ Modify Tai Chi for all patient usage.
- ☉ Teach Tai Chi exercise to patients.
- ☉ Document patient usage of Tai Chi.

Course Faculty

Trudy S. Goldstein, PT

Ms. Goldstein has presented hundreds of orthopaedic lectures to PTs, OTs, assistants, ATCs, and nurses throughout the United



States. She has authored two best selling texts: **Geriatric Orthopaedics, 2nd ed.**, and **Functional Rehabilitation in Orthopaedics**. In 1996, she won the gold medal in the East Asia AMAU national tournament for tai chi. In 2001, she researched the effects of tai chi and OA with the University of Massachusetts. She has over 30 years of physical therapy experience in a variety of settings. Currently, she works part-time at Hebrew Senior Life in Dedham, MA and teaches tai chi classes in the greater Boston area.

Course Schedule

Day 1

- 8:00 *Registration and Continental Breakfast*
8:30 **Introduction to Tai Chi**
9:15 **Current Research on Tai Chi Benefits**
10:00 *Break*
10:15 **Qi Gong Breathing I** (lab)
10:45 **Basics of Tai Chi** (demo and lab)
• Breathing, Postures, Blocks and Attacks
11:30 **Beginning Tai Chi Chung Form** (lab)
12:00 *Lunch* (on your own)
1:00 **Tai Chi for Seniors**
2:15 **Movement Review** (lab)
2:30 *Break*
2:45 **Teaching Tai Chi to Patients I**
• Home Exercise Programs for Motor Control of UEs and LEs
• Group Classes (video)
3:45 **Documentation and Reimbursement**
4:30 *Adjourn for day*

Day 2

- 7:30 *Sign-in and Continental Breakfast*
8:00 **Tai Chi for the Therapist**
8:30 **Tai Chi for Children and Teens** (lab)
9:00 **Tai Chi for Frail Elders**
• Qi Gong II (lab)
• Sitting Tai Chi
9:30 *Break*
9:45 **Tai Chi for Balance** (lab)
• Sitting and Standing Balance Progressions
10:45 **Creating a Tai Chi Ther Ex Program**
• Case Studies
11:15 **Movement Review** (lab)
11:45 *Lunch* (on your own)
12:45 **Progressing a Tai Chi Ther Ex Program**
1:45 *Break*
2:00 **Teaching Tai Chi to Patients II** (lab)
3:00 **Putting it All Together** (video)
3:25 *Questions and Adjourn*



Course Locations

List of area hotels will be sent with confirmation.

March 17-18, 2012 • Saturday – Sunday
DeKalb Medical
2701 N. Decatur Road
Decatur, GA 30033
404-501-5405



April 14-15, 2012 • Saturday – Sunday
Staten Island University Hospital
North Site Campus—475 Seaview Ave.
Staten Island, NY 10305
718-226-9460



May 11-12, 2012 • Friday – Saturday
Frisbie Memorial Hospital
11 Whitehall Road
Rochester, NH 03867
603-335-8141



May 17-18, 2012 • Thursday – Friday
Turnstone Center
3320 N. Clinton Street
Ft. Wayne, IN 46805
260-483-2100

Can't make it to class in person?

Take Trudy Goldstein's online course. Log on to www.treatment2go.com and click on *Tai Chi: Flow into Function.*

QUEST Information

www.questseminars.com
Email: trudy@questseminars.com
Phone: (781) 273-4978
Fax: (781) 272-8476



Please email to above address if you wish to be removed from our mailing list.

Registration Information

The \$425 registration fee includes breakfast, breaks, a Tai Chi instructional DVD and course handouts. A confirmation letter including directions will be mailed or faxed to you upon receipt of your registration form and payment.

To receive the \$425 rate, your registration must be received at QUEST no later than two weeks before the course date. Late registrations will be accepted (if space available) for an additional \$30 fee. Registrations with credit card (MC, VISA or Discover) payment may be faxed to our dedicated line at (781) 272-8476.

The cancellation deadline is two weeks prior to the course date. A \$65 fee will be deducted from all refunds prior to the deadline. **There will be no refunds after the deadline.**



Educational Credit

This course meets the requirements for 12 hours of continuing education for PTs, OTs, Assistants, and ATCs and is approved by:

- AL Board of PT
- GA PT Assn.
- IN PT Assn. #00445IC11
- MD Board of PT Practice
- NJ Board of PT Examiners #17-2912
- NY SED for PTs (14.4 hours)
- OH PT Assn. #12S006
- TN PT Assn. #4152
- NBCOT for OTs and COTAs
- Board of Certification BOC (Provider #P883)

