

## Tai Chi Exercise for Stroke Survivors Newsletter

**Congratulations to all of the study participants who have completed the intervention, 12-week study assessments and 24-week follow-up evaluations! ...see page 2**

**A BIG thanks to all of the study participants currently enrolled!**

### Changes to the Study Starting January 2010...

Study participants will now be randomly assigned to either three months of **Tai Chi** instruction from a Tai Chi master in Tucson, **SilverSneakers®** classes taught by a certified instructor, or receive weekly **phone calls** along with written materials for participating in a community-based physical activity program. Participants will be evaluated for balance, strength, walking speed, and aerobic endurance at the beginning of the study, immediately after the intervention at 12 weeks, and at a 24-week follow-up, due to additional funding awarded to Dr. Taylor-Piliae by the Robert Wood Johnson Foundation.

#### Examples of the Study Interventions



Tai Chi class



SilverSneakers class



Usual Care group

#### Tai Chi Study in the NEWS!

On Feb. 12, 2010, KOLD-13's Barbara Grijalva featured our study in a wonderful story which was aired on the 5:00 news. Dr. Taylor-Piliae explained the benefits of Tai Chi for stroke survivors, and a participant told how Tai Chi had helped her "mentally, physically and spiritually" to recover from her stroke. You can read the full story and watch the interview at: <http://www.kold.com/Global/story.asp?S=11942604>

**Thinking of doing Tai Chi?** Now participants of all study groups—Tai Chi, SilverSneakers® and Usual Care—may watch videos online (at no cost) of Sifu Jeff Zauderer performing Tai Chi taught in the study. Just go to [www.greatharmonytaichivideos.com](http://www.greatharmonytaichivideos.com) and click on "Specialty Classes."

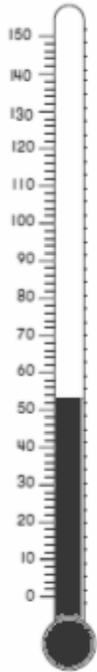
#### Dr. Ruth Taylor-Piliae, Principal Investigator

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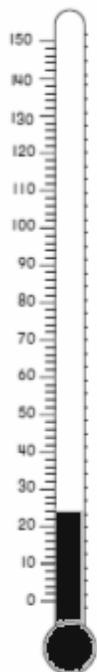


View Dr. Taylor-Piliae discussing her research at: <http://www.nursing.arizona.edu/scripts/FacEDU.asp>

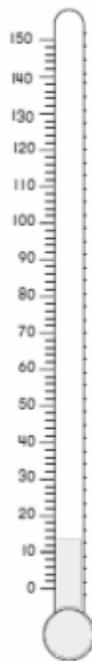
Taking our temperature: Progress Report  
 Our goal = 150 study participants by 2012 !!  
 Keep up the good work—Tell your friends!



Total  
 Enrolled= 53



Completed  
 12-weeks= 25



Completed  
 24-weeks= 14

### **Transportation Problems?**

Did you know that the Americans with Disabilities Act enables you to have free transportation? With a serious and limiting disability, such as a stroke, you may apply for transportation with the ADA and receive a registration card for options such as Handi-car within 1 to 3 weeks.

#### **Places to call:**

- ADA - Transportation Department: (520) 791-5409
- Handi-car: (520) 881-3391
- Vantran: (520) 791-4371

### **Exercising Following a Stroke**

A safe and effective exercise program is an important part of the rehabilitation process following a stroke. Regular physical activity can help improve your balance and coordination, reduce the need for assistive devices, and enhance your general quality of life. And, perhaps most importantly, exercise may reduce the risk of having another stroke. The key is to determine what type of exercise is best for you and to follow a program that fits your specific needs. For more information, visit [www.exerciseismedicine.org](http://www.exerciseismedicine.org)

#### **Tai Chi Research Office Contact Information**

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Best times to call: 9am-3pm M-F  
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 Stephanie: [ssnyder@nursing.arizona.edu](mailto:ssnyder@nursing.arizona.edu)

### **Exercise Helps Decrease the Risk of a Fall!**

**Here is one exercise for you to try at home (suitable for all stroke survivors):**

**Seated Toe and Heel Taps:** Sit up straight in a chair, raising toes off the ground, heels down. Bring toes back down, then raise heels off the ground, but not the toes. Alternate these two movements for a total of 2 minutes. This exercise strengthens the muscles that prevent toe drag and help with push-off during walking. From National Center on Physical Activity and Disability (NCPAD) <http://www.ncpad.org>

**Research Team News:** Marilyn Gilbert and Stephanie Snyder are joined this cohort by Mallory Keller, an undergrad pre-nursing student who has helped us immensely in both the office and the classrooms. Welcome and Thanks Mallory!