

Tai Chi Exercise for Stroke Survivors Newsletter

**Welcome to all the new study participants!
 Congratulations to all of the study participants who have
 completed the intervention, the 12 and/or 24-week follow-up
 evaluations!**

Exercise Helps Decrease the Risk of a Fall!

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

Seated Marches: While seated upright in a chair, slowly raise your thigh off the chair while keeping your knee bent. Alternate with the other leg. This exercise strengthens the hip flexors which assist in swinging your leg forward as you walk. This exercise may be progressed to marching while standing, with or without using upper-body support
<http://www.ncpad.org>



Welcome to Our New Research Team Member, Christine Hansen!

Christine is a bachelor's prepared Registered Nurse and is currently a Doctoral Student in the College of Nursing. Christine brings over 20 years of nursing experience in addition to her graduate research studies. Her research interest is in complementary and integrative therapies. She will be working with a large portion of the data from this study, as well as doing screening and all of the 12-week and 24-week study assessments.
 N.B. Please do **NOT** tell her which group you are in!

Tai Chi Study in the NEWS!

Dr. Ruth Taylor-Piliae spoke with *Family Life Radio* on May 11th, about her research using Tai Chi exercise for Stroke Survivors. During the interview, she emphasized differences between Eastern vs. Western exercise and explained potential benefits of Tai Chi.

<http://taichi.nursing.arizona.edu/links.htm>

Also see, her interview in *Vim & Vigor*, summer 2010, "The Art of Recovery" umcarizona.org/body.cfm?id=931

Dr. Ruth Taylor-Piliae, Principal Investigator

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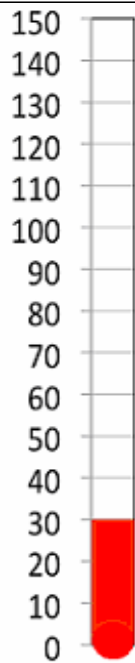
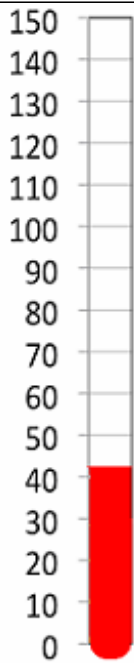
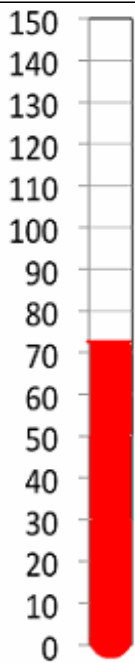
View Dr. Taylor-Piliae discussing her research at:
<http://www.nursing.arizona.edu/scripts/FacEDU.asp>

Want to view the National Stroke Association Brain Alert Newsletter and sign up for Stroke Smart Magazine?

Just go to...

http://www.stroke.org/site/MessageViewer?em_id=8801.0&dlv_id=12781

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



Total Enrolled= 73

Completed 12-weeks=43

Completed 24-weeks=30

“Quotable Quotes”

“Never Say You Can’t.” (study participant)

“Tai Chi has made a significant contribution to my recovery.” (study participant)

Study Locations Based on Group Assigned Starting August 2010

Study participants are randomized and assigned specific groups and locations for the interventions. See below for details:

Northwest Locations:

HealthSouth, NWH
 1921 W. Hospital Drive
 Tucson, AZ 85704
 520-544-5292

or

Profitness and Health
 1290 W. Prince Road
 Tucson, AZ 85705
 520-495-4987

Central/East Locations:

HealthSouth RIT
 2650 N. Wyatt Drive
 Tucson AZ 85712
 520-325-1300

or

Fit Center
 5555 E. 5th Street
 Tucson, AZ 85711
 520-571-7000 ext 101

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

American Stroke Association

The *American Stroke Association* focuses on reducing disability and death from stroke through *research*, education, fund raising and advocacy. The American Heart Association created the American Stroke Association as a division after many years of increasing emphasis on stroke. For more information visit: <http://www.americanheart.org/presenter.jhtml?identifier=4464>

Tai Chi Research Office Contact Information

1305 N. Martin/P.O. Box 210203
Tucson, AZ 85721-0203
(520) 621-7081
Best times to call: 9am-3pm M-F
Feel free to contact us by email:
Marilyn: mgilbert@nursing.arizona.edu
Christine: chansen@nursing.arizona.edu
Study URL: <http://taichi.nursing.arizona.edu>