

**Tai Chi for Rehabilitation
Registration Form**

Name _____

Title: PT PTA OTR COTA ATC

Home Address _____

City _____

State _____ Zip _____

Professional License Number (include State):

Home Phone () _____

Knight Discount Code: K- _____

Please check course location and date:

- St. Thomas, VI February 6-7, 2010
- Knoxville, TN March 13-14, 2010
- Rocky Hill, CT April 30-May 1, 2010

- \$385 Special Discounted Anniversary Rate
- \$415 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

25th Anniversary

**Tai Chi for
Rehabilitation**

Speaker:

**Trudy S. Goldstein, PT
3rd Degree Black Belt**



In three locations in 2010:

St. Thomas, VI — Feb. 6-7
Knoxville, TN — March 13-14
Rocky Hill, CT—April 30-May 1



Course Information

This two-day workshop introduces the incorporation of Tai Chi into a therapeutic exercise program. Therapists will be taught the fundamentals of Tai Chi as a rehabilitation tool. Workshop time is devoted to practicing the basics of Qi Gong breathing (moving meditation) and Tai Chi Chung. 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 is a staff PT at the Hebrew Rehab Center in Roslindale, 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
• Case Study
• 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

Feb. 6-7, 2010 • Saturday – Sunday
Schneider Reg'l Med Ctr & Megans Beach
9048 Sugar Estate
St. Thomas, US VI 00802

List of area hotels will be sent with confirmation.
This is high season in the Virgin Islands, please book hotels EARLY!
Transportation from Medical Center to Megan's Beach will be provided.



March 13-14, 2010 • Saturday – Sunday
Clinton Physical Therapy Center
1921 N. Charles Seveirs Blvd.
Clinton, TN 37717

- Room block at Holiday Inn Express—Clinton
- Discounted rate: \$97/night (plus tax)
- Call 865-457-2233 by March 5, 2010



April 30-May 1, 2010 • Friday – Saturday
Veterans Health Care Facility
287 West St.
Rocky Hill, CT 06067

- Room block at Residence Inn
- Discounted rate: \$129/night (plus tax)
- Call 860-257-7500 by March 29, 2010

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
E-mail: info@questseminars.com
Phone: (781) 273-4978
Fax: (781) 272-8476



Registration Information

The \$385 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. Do not buy any airline tickets until you have received your course confirmation from QUEST.

To receive the special \$385 anniversary rate, your registration must be received at QUEST no later than two weeks before the course date. Late registrations will be accepted based on space availability, 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:

- MD Board of PT Practice
- CT (submitted)
- TN (submitted)
- National Board for Certification in Occupational Therapy (NBCOT)
- Board of Certification BOC (Provider #P883)

