

## The position of Tai Chi for Arthritis for falls prevention

The position of Tai Chi for Arthritis for falls prevention is that the world's largest falls prevention study has been accepted as evidenced based and listed on its website:

[http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.9\\_sydney.html#contact](http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.9_sydney.html#contact)

It has the contact details of the chief investigator of the study Dr Voukelatos online.

Dr Voukelatos wrote (letter attached) to say the 76% of the study is based on Tai Chi for Arthritis and therefore the result can be considered as evidenced based.

So CDC did officially accept the study based on Tai Chi for Arthritis as evidenced based but still short of saying Tai Chi for Arthritis is evidenced based.

Also since the study, for last ten years, health departments thorough Australia has been using Tai Chi for Arthritis for falls prevention with success.

By Dr Paul Lam