Listing of Reviews, Studies, Articles, and Resources Regarding Tai Chi Chuan as a Medical Modality

**Systematic Reviews**


**An Integrative Review of Tai Chi Research: An Alternative Form of Physical Activity To Improve Balance and Prevent Falls In Older Adults.** Wooton AC. *Orthopaedic Nursing.* 2010 Mar-Apr;29(2):108-16; quiz 117-8.


Recent Studies and Trials


**Articles**

Easing Ills Through Tai Chi, Harvard Magazine, January-February 2010

The Health Benefits of Tai Chi, Harvard Women's Health Watch, May 2009


Resources and Links

The National Center for Complementary and Alternative Medicine, part of the National Institute of Health, includes Tai Chi as one of the mind-body practices under investigation and is a main source of funding. The NCCAM website provides links to PubMed citations of published clinical trials, studies, and reviews.

In 2003, the National Library of Medicine, the largest medical library in the world and subdivision of U.S. Department of Health and Human Services, awarded a grant to American Tai Chi and Qigong Association to build a website titled "The Tai Chi & Consumer Health Information Center". The information center was officially released in 2004 and has since then been providing scientific, reliable, and comprehensive information about various health benefits of Tai Chi.

www.americantaichi.net

University of Vermont’s Department of Rehabilitation and Movement Science Dr. Ge Wu, Tai Chi Research http://www.uvm.edu/~gwu/

The Institute of Integral Qigong and Tai Chi http://www.instituteofintegralqigongandtaichi.org/qigong_tai_chi_research/

A clear listing of current Tai Chi research and articles. http://www.taichiresearch.com/