



Balance and Functional  
Improvement  
Therapeutic Benefits



# Institute for Rehabilitative Qigong & Tai Chi

## SEATED

### Parting the Wild Horses Mane

Key Muscle activation  
Thoracic / Lumbar Rotators  
A/M/P Deltoid  
Obliques

Balance/Coordination  
Postural Control  
Anterior / Diagonal Planes  
Pre-gait weight shift  
Midline Crossing Movement

### Brush Knee

Key Muscle activation  
Thoracic/Lumbar Rotators  
A/M/P Deltoid  
Infraspinatus/Teres Minor  
Supraspinatus  
Obliques

Balance/Coordination  
Postural Control  
Anterior/Diagonal Planes  
Pre-gait weight shift  
Midline Crossing Movement

### Squeezing out the Sponge (Lymph Pumping)

Key Muscle activation  
Erector Spinae  
Rectus Abdominis  
Full Body Isometrics  
Diaphragm  
Cardiac Output

## Bonus

Lymph Flow  
Breath Control  
Vestibular Stimulation  
Metabolic Activation

## Circling

Visual Tracking

Key Muscle activation  
A/M/P Deltoid  
Supraspinatus  
Mid/Low Trapezius  
Transverse Abdominis

Balance/Coordination  
Postural Control  
Anterior / Diagonal Planes  
Pre-gait weight shift

## Cloud hands

Visual Scanning (convergence /  
divergence)

Key Muscle activation  
Cervical / Thoracic / Lumbar spine  
rotators  
Mid / Low Trapezius  
Infraspinatus/ Teres Minor  
A/M/P Deltoid  
Obliques  
Anterior Shoulder Opening

Balance/Coordination  
Postural Control  
Rotational Planes



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## STANDING

### Gathering

Key Muscle activation  
Transverse Abdominus  
Pelvic Floor  
Mid / Low Trapezius  
Infraspinatus/ Teres Minor  
Supraspinatus  
A/M/P Deltoid  
Serratus Anterior  
Rhomboids  
Gluteals  
Quadriceps

Balance/Coordination  
Postural Control  
Anterior/Posterior Planes

Bonus  
Hip/Knee ROM  
Ankle Dorsiflexion ROM

### Flowing Motion

Key Muscle activation  
Low Trapezius  
Biceps Long Head  
Supraspinatus  
A/M Deltoid  
Serratus Anterior  
Rhomboids  
Gastrocnemius  
Tibialis Anterior

Balance/Coordination  
Postural Control  
Anterior/Posterior Planes

### Open/Close

Key Muscle activation  
Supraspinatus  
A/M Deltoid  
Serratus Anterior  
Gluteus Medius  
Quadriceps  
Transverse Abdominis

Balance/Coordination  
Single Leg Balance  
Dynamic Stability  
Postural Control  
Medial/Lateral Planes

### Circling

Visual Tracking

Key Muscle activation  
A/M/P Deltoid  
Supraspinatus  
Mid/Low Trapezius  
Transverse Abdominis  
Quadriceps  
Gluteals

Balance/Coordination  
Dynamic Stability  
Postural Control  
Anterior/Diagonal Planes

### Crane

Key Muscle activation  
Supraspinatus  
A/M Deltoid  
Serratus Anterior  
A/M Deltoid  
Serratus Anterior  
Mid/Low Trapezius



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Rhomboids  
Gluteals  
Quadriceps  
Hamstrings  
Erector Spinae  
Transverse Abdominis  
Multifidus

Balance/Coordination  
Single Leg Balance  
Dynamic Stability  
Postural Control  
Medial/Lateral Planes  
Anterior/Posterior Planes

## Tai Chi Walking

Rhythmic Motor Control  
Center of Gravity transfer  
Step Accuracy  
Single Leg Balance  
Dynamic Stability  
Postural Control

## HANDS & FEET TOGETHER

### Parting the Wild Horses Mane

Key Muscle activation  
Thoracic / Lumbar Rotators  
A/M/P Deltoid  
Obliques

Balance/Coordination  
Dynamic Stability  
Postural Control  
Lateral / Diagonal Planes  
Hemi Lateral Movement  
Midline Crossing Movement

## Brush Knee

Key Muscle activation  
Thoracic/Lumbar Rotators  
A/M/P Deltoid  
Infraspinatus/Teres Minor  
Supraspinatus  
Obliques

Balance/Coordination  
Dynamic Stability  
Postural Control  
Lateral / Diagonal Planes  
Cross Lateral Movement  
Midline Crossing Movement

## Cloud Hands

Visual Scanning (convergence /  
divergence)

Key Muscle activation  
Cervical / Thoracic / Lumbar spine  
rotators  
Mid / Low Trapezius  
Infraspinatus/ Teres Minor  
A/M/P Deltoid  
Obliques  
Quadriceps  
Gluteus Medius

Balance/Coordination  
Dynamic Stability  
Postural Control  
Lateral Plane  
Hemi Lateral Movement  
Midline Crossing Movement  
Lateral Stability