

# Rehabilitative Qigong & Tai Chi for Neck and Shoulder Dysfunction Certification Objectives and Course Outline

## Course Objectives

By the end of this course, the participant will correctly describe the neuromuscular patterns specific to adult patients dealing with neck and shoulder dysfunction.

By the end of this course, the participant will appropriately demonstrate 10 out of 14 of the meditative movements of the Rehabilitative Tai Chi for Neck and Shoulder Dysfunction program in the treatment of adult, pulmonary health clients.

By the end of this course, the participant will correctly coordinate the use of body, breath, and vision RQTC principles in seated and standing positions with adult clients dealing with neck and shoulder dysfunction.

By the end of this course, the participant will independently integrate the use of 3 mindfulness strategies during treatment of adult clients dealing with neck and shoulder dysfunction.

By the end of this course, the participant, supported by research will independently justify the use of Rehabilitative Qigong & Tai Chi in the treatment of adult clients dealing with neck and shoulder dysfunction.

## **Course Outline (total 15 hours)**

### **Day 1**

8:00-8:45am

Rehabilitative Qigong & Tai Chi Principles Review (lecture)

- Neck/Shoulder Components Review
- Body, Breath, Vision Coordination

8:45-9:15am

Painless Rehabilitation (lecture)

- Stages of Recovery
- Pain Physiology

9:15-10:00am

RQTC Neck/Shoulder Part 1: Seated/Standing (lab)

- Accordion Breathing
- Polishing the Table
- Turtle Retracts His Head
- Cloud Hands

10:00-10:15am

Break

10:15-11:00am

Neuromuscular Activity Specific to Neck/Shoulder Dysfunction (lecture/lab)

- Autonomic Influence (SNS/PNS)
- Focused Abdominal Breathing
- Positive Visualization

11:00-12:00pm

RQTC Neck/Shoulder Part 2: Seated/Standing (lab)

- Swimming Dragon
- Heart & Lung Opening
- Two Hand Offering
- Thumb Gazing
- Tree Hugging

12:00-1:00pm

Lunch

1:00-1:15

Tai Chi for Neck/Shoulder Research Review (lecture)

1:15-1:45pm

RQTC Neck/Shoulder Self Massage (lecture/lab)

- Physiologic Benefits
- Reflexology Theory
- Techniques

1:45-2:15pm

Small Group Practice Break Out (lab)

- Part 1&2 Forms
- Feedback Model

2:15-2:30pm

Mindfulness in Rehabilitation (lecture)

2:30-2:45pm

Break

2:45-3:15pm

Cross Education (lecture)

- Research
- Cervical/Scapular Activation
- Cross Mapping process

3:15-4:00pm

RQTC Neck/Shoulder Part 1&2: Seated/Standing (lab)

- All components

4:00-5:00pm

RQTC Energetics (lecture/lab)

- Sung/Song
- Silk Reeling
- Sensing Hands
- Fascial Tensegrity

## **Day 2**

8:00-8:30am

Medical Qigong Continuum (lecture)

- Global, Regional, Local
- Emotional Considerations
- Self-Massage (holding, directing, tracing continuum)

8:30-9:00am

RQTC Neck/Shoulder Part 1&2: Seated/Standing (lab)

- All components

9:00-9:45am

RQTC Neck/Shoulder Part 3: Seated/Standing (lab)

- Owl Turns Her Head
- Earth & Sky
- Coiling
- Taffy Pulling
- Spiraling

9:45-10:00am

Break

10:00-10:30am

Adaptations and Special Conditions (lecture)

- Arthritis/Chronic Pain
- Rotator Cuff Injury/Repair
- Adhesive Capsulitis
- Cervical Fusion/Spondylosis/Radiculopathy
- Thoracic Outlet Syndrome
- Whiplash Associated Disorders

10:30-11:00am

Small Group Practice Break Out (lab)

- All Parts
- Medical Qigong Continuum
- Feedback Model

11:00-11:30am

Therapeutic Entrainment (lecture)

11:30-12:00pm

Tai Chi for Neck/Shoulder Research Review (lecture)

12:00-1:00pm

Lunch

1:00-1:30pm

Designing and Leading Successful RQTC Programs (lecture)

- Organizing the components
- Appropriate progressions
- Coding/documentation

1:30-2:30pm

RQTC Neck/Shoulder Part 1,2,&3: Seated/Standing (lab)

- All components

2:30-2:45pm

Break

2:45-3:30

Small Group Practice Break Out (lab)

- Seated/Standing
- Sensing Hands Balance
- All components
- Feedback Model

3:30-4:30pm

Group Practicum (lab)

- Seated/Standing
- Integrate all components

4:30-5:00pm

RQTC Neck/Shoulders Support (lecture)

- Home Exercise Programs
- Individual vs. Group
- Course Wrap Up