

Wisdom Art: *Mind, Body, Spirit*

Better Range of Motion

Range of motion (ROM) is the measurement of the amount of movement around a specific joint or body part. How can Tai Chi help increase your range of motion?



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Tai chi, also known as tai chi chuan, is an ancient Chinese martial art that in the west has been adapted as a form of low-impact mental and physical exercise. One movement flows into the next in a sequence that you match with breathing. [11 Of The Most Important Tai Chi Benefits For Pain Patients – Pain Doctor](#)

Increases Flexibility and Range of Motion

With increased strength, also comes an increase in flexibility and a *range of motion*. One of the benefits of tai chi is that while you do these slow, fluid movements, you're utilizing muscles you don't typically use. Over time, that will train your muscles and increase your range of motion, which is a benefit at any age. www.homesteadvillage.org



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The deliberate movements of tai chi, when repeated over time, help *increase range of motion* in all joints of the body. While some exercises may need to be modified to start, participants may see their range of motion increase exponentially with regular tai chi. Those with chronic pain may hesitate to exercise because doing so increases their pain, but this just locks up the joints and muscles and makes it harder to get started.

Tai chi's movements are gentle. Movement can be modified based on levels. With tai chi is practiced over time, participants with pain found an easier and more improved range of motion within all areas of their bodies