

## Tai Chi helps Fibromyalgia patients

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Master Rami

*(courtesy of Master Rones)*

If you google [Tai Chi](#) and [Fibromyalgia](#) now, you will be surprised to find out that New York Times, StamfordAdvocate.com, Health.com, WebMD, CNN, USA Today, medpageToday.com, HuffingtonPost.com, and countless mainstream media and specialty medical sites are all talking about how Tai Chi can ease the symptoms of [Fibromyalgia \(FM\)](#). Even though National Fibromyalgia Association and Fibromyalgia-Symptoms.com have been reporting how Tai Chi can help FB patients for a few years but the recent buzz is due to the publication of “[Tai Chi Is Effective in Treating Fibromyalgia: A Randomized Controlled Trial](#)” in Aug 19 Issue of the [New England Journal of Medicine](#).

With the assistance of Tai Chi Master Ramel Rones (aka Rami), ChenChen Wang, MD and Professor of Tufts University, and a group of medical scientist conducted a research with FM patients and confirmed that the ancient Chinese health art Tai Chi appears highly efficacious for treatment of both physical and psychological components of FM even with 12-week practice.

Fibromyalgia is a medical disorder, characterized by chronic widespread pain and a heightened and painful response to pressure. Fibromyalgia symptoms are not restricted to pain. They include debilitating fatigue, sleep disorder, and joint stiffness. Some patients also report difficulty with swallowing, irregular bowel movements and bladder problems, numbness and tingling, and even cognitive dysfunction. It is estimated that 2–4% of the population suffer from it and ninety percent of

patients are women.

Dr. Wang and the group conducted a 12-week, single-blind, randomized trial with the FM patients. One group was taught a classical Yang style Tai Chi taught by Master Rami versus a control group which did stretching and was given wellness education. There were no significant differences at baseline characteristics of the patients. The 60-minute group sessions occurred twice-weekly. At 12 weeks, patients assigned to Tai Chi exhibited significantly greater improvements in FM Impact Questionnaire (FIQ) score, patient global assessment, sleep quality, physical function, depression, and health status. The reduction in VAS pain intensity met the definition of a clinically-meaningful improvement. At week 24, patients who continued TC exhibited durable benefits in FIQ score, sleep quality and quality of life. The two groups did not differ in medication usage. No adverse events were observed.

Tai Chi is a low cost or no cost intervention for Fibromyalgia and has no side effect. It is a safe therapy for the FM patients.

Note: to read other online report, you can click links here

<http://www.webmd.com/fibromyalgia/news/20100818/tai-chi-best-fibromyalgia-treatment>,

<http://www.nytimes.com/2010/08/19/health/19taichi.html?ref=health>, and

<http://www.cnn.com/2010/HEALTH/08/18/fibromyalgia.tai.chi/index.html> .



**Violet Li**

Tai Chi Examiner