The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

Ai Chi

APTA Fireside Chat

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Basic understanding of the history and principles

Potential benefits

Case Studies

Experience easy-to-learn Ai Chi movements on land

LEARNING OBJECTIVES

THE BASICS – AI CHI

Simple water exercise and relaxation program

Combines Tai Chi and Qi Gong concepts with Watsu Techniques.

Created by Jun Kunno from Japan in 1990.



THE BASICS – AI CHI

- YIN AND YANG
- CHI OR QI = LIFE ENERGY
- QI GOING = METHOD OF CULTIVATION OF QI
- AI= LOVE



THE BASICS – AI CHI

- **CORE PRINCIPLES**
 - SLOW, RELAXED, CIRCULAR MOVEMENTS
 - FLUID
 - MENTAL CONCENTRATION
 - WEIGHT TRANSFER
 - DEEP CONSCIOUS BREATHING
 - INTEGRATION OF BODY AND MIND

THE BASICS – AI CHI



Ai Chi is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.

Ai Chi Posture

Coordinating movements with deep breathing





REAL-WORLD THERAPEUTIC APPLICATION

- **BEING USED TODAY TO TREAT
INDIVIDUALS WITH**
 - PARKINSON'S DISEASE
 - STROKE REHABILITATION
 - CHRONIC PAIN
 - FIBROMYALGIA
 - CARDIOVASCULAR DISEASE
 - ARTHRITIS
 - OSTEOPOROSIS
 - DEPRESSION
 - MUSCLE SPASTICITY

BENEFITS



Improved balance



Fall prevention



Blood pressure reduction



Improved pain management



Improved strength, endurance, posture and balance



Enhanced proprioception and kinesthesia



Reduced disease symptoms



Mood and Self-Esteem

AI CHI IN PRACTICE



Indications

Balance deficits,
coordination issues,
depression/self esteem,
need improvement for
cardio endurance, posture,
muscular strength and
endurance.



Intensity

Low to moderate
intensities



Ability

Easy to learn
Easily modified to meet
specific needs

- Seated Ai Chi in the
pool or on land
- Ai Chi Ne – two person
Ai Chi



Equipment

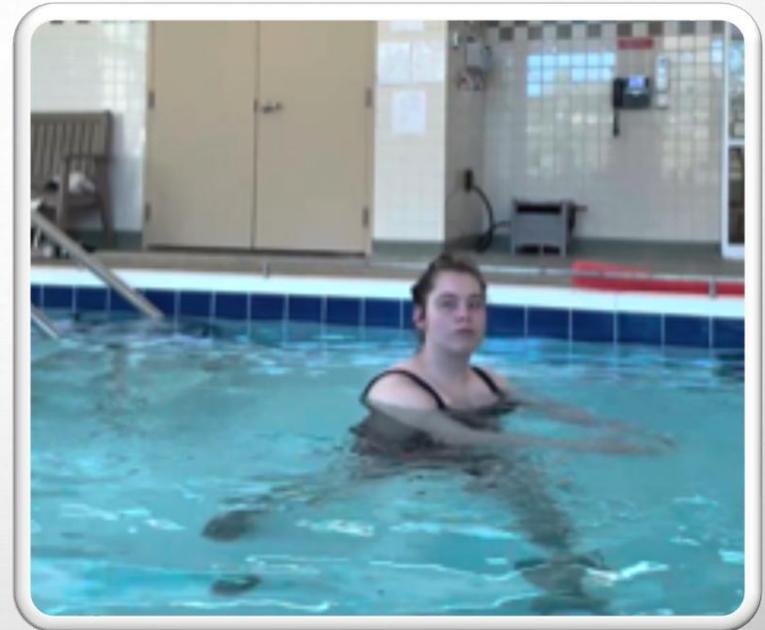
Pool : 86-96 degrees
Fahrenheit
On land in a seated
position

CASE STUDY 1

- 21 YEAR OLD PATIENT
- DIAGNOSIS: EDS, CP, POTS, LEFT-SIDED LOW BACK PAIN WITH LEFT SIDED SCIATICA, CERVICAL PAIN
- STARTED AQUATIC PT ON 9/21/2025. HAS HAD 10 VISITS, 2 VISITS PER WEEK, 45 MINUTE SESSIONS. STILL IN PT CURRENTLY
- WEARS AFOS. IN THE POOL SHE WEARS DORSIFLEX ASSIST WRAPS. NO AD, RECIPROCAL GAIT ON EVEN GROUND AND ON STAIRS WITH INDEPENDENCE

AQUA TREATMENT

- IN WATER ASSIST FOR BALANCE AND COORDINATION PROGRESSION
- HAS PROGRESSED TO ALL 19 AI CHI POSITIONS, AS WELL AS AI CHI NE
- DYNAMIC BALANCE ON WOBBLE BOARD USING BALLS, CUPS, SHARK, DUCKS
- HALLIWICK METHOD POSITIONAL CHANGES
- AQUA YOGA WITH FLOTATION BALL
- AQUA BOXING USING FOAM BOXING GLOVES
- DRAG RESISTIVE TRUNK AND CERVICAL STRENGTHENING IN 4 FEET WATER DEPTH
- DEEP END SUBMERSION USING CERVICAL COLLAR
- WATSU AND BAD RAGAZ



AQUA TREATMENT



PROGRESSION TOWARD GOALS

- -INCREASED POSTURAL AWARENESS AND POSTURE WFL. (PROGRESSING)
- -DECREASED PAIN TO: 1-2/10 AND PATIENT I WITH SELF-MANAGEMENT OF SYMPTOMS AND INCREASED FUNCTION WITH ADL'S AND IADL'S. IMPROVE OSWESTRY /NDI TO: 10% LIMITATION OF FUNCTION. (PROGRESSING)
- -NORMAL GAIT ON LEVEL AND UNEVEN SURFACES COMMUNITY LEVEL DISTANCES FOR IMPROVED FUNCTION IN THE COMMUNITY. AND NORMAL RECIPROCAL PATTERN ON STAIRS FOR IMPROVED FUNCTION TO ALL LEVELS OF HOME/AND ABILITY TO CARRY LAUNDRY ON THE STAIRS. (PROGRESSING)
- -INCREASE CERVICAL AND TRUNK AROM TO WFL FOR IMPROVED FUNCTION WITH DRESSING AND DRIVING. (PROGRESSING)
- -INCREASE CERVICAL AND TRUNK STRENGTH AND STABILITY AND OVERALL JOINT STABILITY AND R/LUE LE STRENGTH TO WFL FOR IMPROVED FUNCTION WITH CHORES AND WORK DUTIES. (PROGRESSING)
- -INCREASE B UPPER QUARTER/LE FLEXIBILITY TO WFL. (PROGRESSING)
- -DECREASE B UPPER/LOWER QUARTER TENDERNESS 50-75% PER PATIENT REPORT. (PROGRESSING)
- -DECREASE R/L UE/LE RADICULAR SYMPTOMS 50-75% PER PATIENT REPORT. (PROGRESSING)
- IMPROVE L SLS TO 30" FOR DECREASED RISK FOR FALLS. (PROGRESSING)
- PATIENT ATTRIBUTES DYNAMIC BALANCE AND COORDINATION PROGRESSION TO AI CHI PORTION OF TREATMENT





- WHAT MUSIC DO YOU LIKE TO USE? EX: BINAURAL BEATS, TIBETAN FLUTE, NATURE SOUNDS, SINGING BOWLS, NATIVE AMERICAN DRUMS, SOLFEGGIO SOUND FREQUENCIES, 174 HZ, 285 HZ, 396 HZ, 432 HZ, 528 HZ, 639 HZ
- PRIVATE OR PUBLIC POOL SETTING/OPEN VERSUS CLOSED ENVIRONMENT
- ONE ON ONE VERSUS GROUP SESSION PROS/CONS.. WHAT DO YOU THINK?
- USING TOOLS WITH AI CHI: FLOTATION GLOVES, DRAG RESISTIVE HAND PADDLES, SCARF

CASE STUDY 2

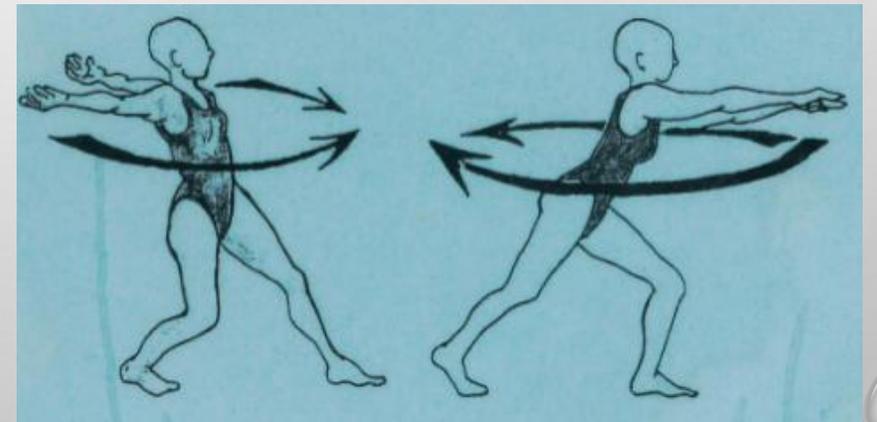
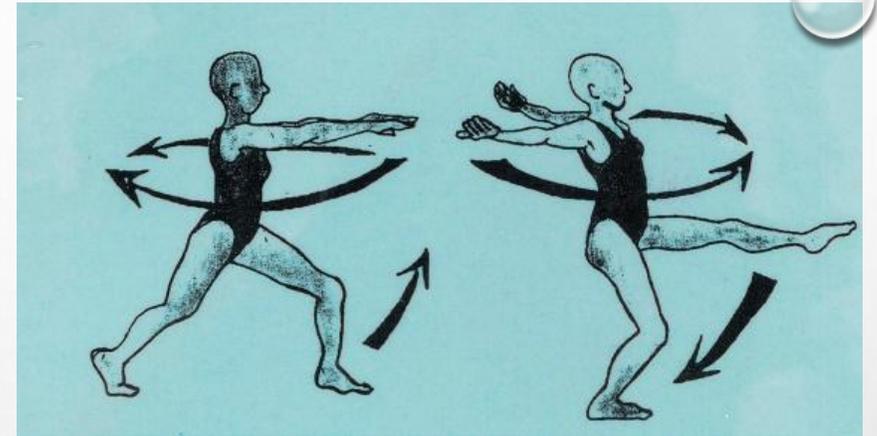
- 84 Y/O FEMALE
- DEALING WITH CHRONIC FATIGUE SYNDROME, R HIP PAIN, HISTORY OF HEART DISEASE, L HIP REPLACED IN 2011, ARTHRITIS OF RIGHT HIP, HISTORY OF STROKE, OSTEOPOROSIS
- CLIENT WAS DISCHARGED FROM PHYSICAL THERAPY IN DEC 2023. PHYSICAL THERAPIST ENCOURAGE TO GET A PERSONAL TRAINER TO CONTINUE WORKING ON GOALS. I STARTING WITH CLIENT IN JAN 2024 ON LAND FOR PERSONAL TRAINING WITH THE FOCUS TO INCREASE ENDURANCE, STRENGTH, AND FLEXIBILITY.
- IN APRIL 2024 RECEIVED EMAIL FROM CLIENT REQUESTED TO STOP LAND BASED SESSION DUE TO R HIP PAIN AND R KNEE HAD INCREASED AND DIFFICULTY WALKING, NOT DUE TO ANYTHING THAT WE WERE WORKING ON. CLIENT EXPLAINED HAD A HYLORONIC ACID GEL INJECTED IN FEB 2024 TO DECREASE R HIP PAIN WHICH WORKED BUT WORE OFF AFTER 2 MONTHS AND INSURANCE WOULD NOT COVER THE COST OF ANOTHER INJECTION FOR ANOTHER 4 MONTHS AND IF PATIENT WANTED INJECTION THEY WOULD NEED TO PAY OUT OF POCKET
- WHAT WOULD YOU DO WITH THIS CLIENT?

CASE STUDY 2

- SPOKE WITH CLIENT OVER THE PHONE AND DISCUSSED OPTIONS OF GETTING INTO POOL AND COULD TRY AQUASTRETCH TO DECREASE PAIN AND INCREASE ROM TO HELP WITH MOBILITY. CLIENT AGREED.
- CLIENT CAME TO SESSION WITH CRUTCHES AND R KNEE BRACE, PERFORMED A 60 MINUTE SESSION OF AQUASTRETCH AND RECEIVED DECREASE IN PAIN AND WANTED TO BE SEEN AGAIN
- FOR TWO WEEKS WAS SEEN 3 TIMES A WEEK FOR 60 MINUTES TO RECEIVE AQUASTRETCH AND THEN WAS ABLE TO DECREASE TO 2 TIMES A WEEK FOR A MONTH AND THEN DECREASED TO 1 TIME A WEEK ONCE PAIN WAS STABILIZED.
- THE PHYSICAL TRANSFORMATION FROM HAVING CRUTCHES AND KNEE BRACE, TO A CRANE AND KNEE BRACE, TO NO BRACE AND NO AMBULATION DEVICE

CASE STUDY 2

- ONCE PAIN WAS STABILIZED THEN WE NEEDED TO PROGRESS OVERALL FUNCTION
- STARTED WITH AQUASTRETCH, AI CHI MOVEMENT.
- LEARNED ALL 19 AI CHI MOVEMENTS TO FOCUS ON STRENGTH, ROM, AND BALANCE
- PROGRESSED USING POOL NOODLES FOR STRETCHING, UE DRIFT (PADDLES) FOR UPPER BODY AND LE EXERCISE EXERCISES
- PROGRESSED TO USING AQUALOGIX UE AND LE DRIFT EQUIPMENT FOR MOBILITY EXERCISES, UPPER BODY, AND LOWER BODY



LET'S PRACTICE

- BREATH WORK
- MOVEMENTS
 - CONTEMPLATING
 - FLOATING
 - UPLIFTING
 - ENCLOSING
 - FOLDING

Q&A SESSION

