



Tai Chi and Knee OA

Summary of Research Studies

Author/Published	Study Design	Subjects	# of Subjects	Results
Wang et al 2015 (abstract)	Random Controlled Trial; Tai Chi or Physical therapy for 12 weeks	Age \geq 40 w/knee OA	106	Both Tai Chi and Physical Therapy led to similar improvement in pain and other outcomes
Tsai et al 2013	Pilot Random Controlled Trail, Tai Chi for 20 weeks	Age \geq 60 w/knee OA	28	Tai Chi group – significant improvement in pain, physical function
Ni et al 2010	Random Controlled Trial; Tai Chi for 24 weeks	Women, age 55 – 75 w/knee OA	14	Tai Chi group – significant improvement in pain, physical function
Lee et al 2008	Pilot Random Controlled Trail, Tai Chi for 8 weeks	Age 50 – 80 w/knee OA	28	Tai Chi group – significant improvement in pain, quality of life, physical function
Shen et al 2008	Pilot Study, Tai Chi for 6 weeks	Age \geq 50 w/knee OA	40	Signification improvement in pain, stiffness, physical function
Fransen et al 2007	Random Controlled Trial; Tai Chi or Hydrotherapy for 12 weeks	Age 59 – 85 w/OA	56	Tai Chi group – significant improvement in pain and function
Brisemee et al 2007	Random Controlled Trial; Tai Chi for 12 weeks	Age \geq 50 w/knee OA	22	Tai Chi group - Significant improvement in pain, stiffness, physical function

References

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