

Tai Chi for Pain Killer Survey

Tai Chi Qigong Association Australia (TCQAA) & Tai Chi Fitness Australia (TCFA) - 14 Nov 2019

Cooperative organisation name	Types of pain	Type of pain	No. of participants	AGE: 60-85 years old	No of participant	Degree of pain before tai chi	Degree of pain after tai chi	Tai Chi weekly practice hours p.w.	Average degree of pain before tai chi	Average degree of pain after tai chi	Average tai chi weekly practice hours p.w.
Bankstown	1	emotional stability	14	60-85	18	92	47	49.5	6.57	3.36	3.54
	2	stress level	15			109	54	57	7.27	3.60	3.80
	3	wellbeing in general	13			94	57	50	7.23	4.38	3.85
	4	sleeping quality	11			78	43	43.5	7.09	3.91	3.95
	5	stomach pain	4			28	12	21	7.00	3.00	5.25
	6	headache	8			46	18	34.5	5.75	2.25	4.31
	7	neckache	12			86	45	51	7.17	3.75	4.25
	8	shoulder pain	11			76.5	31.5	41	6.95	2.86	3.73
	9	elbow	4			26	11	21	6.50	2.75	5.25
	10	wrist	8			55	25	32.5	6.88	3.13	4.06
	11	fingers	10			72	30	44.5	7.20	3.00	4.45
	12	back pain	14			91	51	55	6.50	3.64	3.93
	13	hips	10			65	35	40	6.50	3.50	4.00
	14	knees	11			78	43	49.5	7.09	3.91	4.50
	15	ankles	8			56	30	35	7.00	3.75	4.38
	16	feet	9			62	30	33.5	6.89	3.33	3.72
	17	toes	4			28	9	22.5	7.00	2.25	5.63
Wentworthville	1	emotional stability	4	50-85	13	14	6	11.5	3.50	1.50	2.88
	2	stress level	6			32	10	12	5.33	1.67	2.00
	3	wellbeing in general	4			15	6	11.5	3.75	1.50	2.88
	4	sleeping quality	5			26	14	15	5.20	2.80	3.00
	5	stomach pain	4			15	9	8.5	3.75	2.25	2.13
	6	headache	2			10	3	10	5.00	1.50	5.00
	7	neckache	6			21	9	17.5	3.50	1.50	2.92
	8	shoulder pain	8			39	18	35	4.88	2.25	4.38
	9	elbow							0.00	0.00	0.00
	10	wrist	1			2	1	3	2.00	1.00	3.00
	11	fingers	3			10	5	7.5	3.33	1.67	2.50
	12	back pain	8			31	11	18	3.88	1.38	2.25
	13	hips	2			3	1	6.5	1.50	0.50	3.25
	14	knees	5			23	5	14	4.60	1.00	2.80
	15	ankles	4			16	8	12.5	4.00	2.00	3.13
	16	feet	3			13	6	8.5	4.33	2.00	2.83
	17	toes	2			7	2	5.5	3.50	1.00	2.75
Merryland	1	emotional stability		50-85	1				0.00	0.00	0.00
	2	stress level	1			4	0	2	4.00	0.00	2.00
	3	wellbeing in general							0.00	0.00	0.00
	4	sleeping quality	1			4	0	2	4.00	0.00	2.00
	5	stomach pain							0.00	0.00	0.00
	6	headache							0.00	0.00	0.00
	7	neckache							0.00	0.00	0.00
	8	shoulder pain	1			8	6	2	8.00	6.00	2.00
	9	elbow							0.00	0.00	0.00
	10	wrist							0.00	0.00	0.00

	11	fingers							0.00	0.00	0.00
	12	back pain							0.00	0.00	0.00
	13	hips							0.00	0.00	0.00
	14	knees							0.00	0.00	0.00
	15	ankles							0.00	0.00	0.00
	16	feet	1		6	4	2		6.00	4.00	2.00
	17	toes							0.00	0.00	0.00
Riverstone	1	emotional stability	7	50-85	10	46	20	11	6.57	2.86	1.57
	2	stress level	10			58	21	14	5.80	2.10	1.40
	3	wellbeing in general	10			58	30	14	5.80	3.00	1.40
	4	sleeping quality	1			8	3	1	8.00	3.00	1.00
	5	stomach pain	1			10	2	1	10.00	2.00	1.00
	6	headache	1			1	0	1	1.00	0.00	1.00
	7	neckache	3			6	0	3	2.00	0.00	1.00
	8	shoulder pain	1			8	5	1	8.00	5.00	1.00
	9	elbow							0.00	0.00	0.00
	10	wrist							0.00	0.00	0.00
	11	fingers							0.00	0.00	0.00
	12	back pain	10			57	30	14	5.70	3.00	1.40
	13	hips							0.00	0.00	0.00
	14	knees							0.00	0.00	0.00
	15	ankles							0.00	0.00	0.00
	16	feet							0.00	0.00	0.00
	17	toes							0.00	0.00	0.00
Baulkham Hill	1	emotional stability	1	50-85	4	10	2	10	10.00	2.00	10.00
	2	stress level	2			16	2	17	8.00	1.00	8.50
	3	wellbeing in general	2			11	1	17	5.50	0.50	8.50
	4	sleeping quality	2			12	4	17	6.00	2.00	8.50
	5	stomach pain	1			8	1	10	8.00	1.00	10.00
	6	headache	2			14	1	18	7.00	0.50	9.00
	7	neckache	2			17	2	22	8.50	1.00	11.00
	8	shoulder pain	3			19	3	29	6.33	1.00	9.67
	9	elbow							0.00	0.00	0.00
	10	wrist							0.00	0.00	0.00
	11	fingers							0.00	0.00	0.00
	12	back pain	3			19	4	29	6.33	1.33	9.67
	13	hips	2			12	3	17	6.00	1.50	8.50
	14	knees	2			8	3	17	4.00	1.50	8.50
	15	ankles							0.00	0.00	0.00
	16	feet							0.00	0.00	0.00
	17	toes							0.00	0.00	0.00
Penrith	1	emotional stability		50-85	7				0.00	0.00	0.00
	2	stress level	1			5	4	1	5.00	4.00	1.00
	3	wellbeing in general							0.00	0.00	0.00
	4	sleeping quality	1			5	3.5	1	5.00	3.50	1.00
	5	stomach pain							0.00	0.00	0.00
	6	headache							0.00	0.00	0.00
	7	neckache							0.00	0.00	0.00
	8	shoulder pain	2			9	7.5	1	4.50	3.75	0.50
	9	elbow							0.00	0.00	0.00
	10	wrist							0.00	0.00	0.00
	11	fingers	3			18	13	3	6.00	4.33	1.00

	12	back pain	2			13	8.5	1	6.50	4.25	0.50
	13	hips	1			6	4	1	6.00	4.00	1.00
	14	knees	2			14	8	2	7.00	4.00	1.00
	15	ankles							0.00	0.00	0.00
	16	feet							0.00	0.00	0.00
	17	toes							0.00	0.00	0.00
	18	lower back pain	2			13	7.5	2	6.50	3.75	1.00
Mt Druitt	1	emotional stability		50-85	10				0.00	0.00	0.00
	2	stress level	1			10	5	4	10.00	5.00	4.00
	3	wellbeing in general							0.00	0.00	0.00
	4	sleeping quality	1			6	5	1	6.00	5.00	1.00
	5	stomach pain	1			5	2	1	5.00	2.00	1.00
	6	headache	1			9	5	4	9.00	5.00	4.00
	7	neckache	2			19	10	8	9.50	5.00	4.00
	8	shoulder pain	2			14	10	5	7.00	5.00	2.50
	9	elbow	1			9	6	4	9.00	6.00	4.00
	10	wrist							0.00	0.00	0.00
	11	fingers							0.00	0.00	0.00
	12	back pain	1			10	5	1	10.00	5.00	1.00
	13	hips	1			8	7	2	8.00	7.00	2.00
	14	knees	1			7	5	4	7.00	5.00	4.00
	15	ankles	1			5	2	1	5.00	2.00	1.00
	16	feet							0.00	0.00	0.00
	17	toes							0.00	0.00	0.00
	18	lower back pain	2			16	7	5	8.00	3.50	2.50

Cooperative organisation name	List No.	Type of pain	Number of person	No. participant above 80	No. participant	Degree of pain before tai chi	Degree of pain after tai chi	Tai Chi weekly practice hours p.w.	Average degree of pain before tai chi	Average degree of pain after tai chi	Average tai chi weekly practice hours p.w.
Bankstown	1	emotional stability	26			162	75	82	26.64	9.72	17.99
Wentworthville	2	stress level	36			234	96	107	45.40	17.37	22.70
Merryland	3	wellbeing in general	29			178	94	92.5	22.28	9.38	16.63
Reclink/Riverstone	4	sleeping quality	22			139	72.5	80.5	41.29	20.21	20.45
Baulkham Hill	5	stomach pain	11			66	26	41.5	33.75	10.25	19.38
Penrith	6	headache	14			80	27	67.5	27.75	9.25	23.31
Mt Druitt	7	neckache	25			149	66	101.5	30.67	11.25	23.17
	8	shoulder pain	28			173.5	81	114	45.66	25.86	23.78
	9	elbow	5			35	17	25	15.50	8.75	9.25
	10	wrist	9			57	26	35.5	8.88	4.13	7.06
	11	fingers	16			100	48	55	16.53	9.00	7.95
	12	back pain	38			221	109.5	118	38.91	18.60	18.75
	13	hips	16			94	50	66.5	28.00	16.50	18.75
	14	knees	21			130	64	86.5	29.69	15.41	20.80
	15	ankles	13			77	40	48.5	16.00	7.75	8.51
	16	feet	13			81	40	44	17.22	9.33	8.55
	17	toes	6			35	11	28	10.50	3.25	8.38
	18	lower back pain	4			29	14.5	7	14.50	7.25	3.50
No of person participated in				6	63						

Note: degree of pain: select a number between 1 - 10, 1 is minimum pain, 10 is maximum pain

Summary of Tai Chi pain killer survey: 14.11.19

Administrator: Sue Chang Tai Chi Master, Vice Chairman TCQAA, Gary Willetts Instructor, NSW Chairman TCQAA, Raquel Ho Instructor, Committee Member TCQAA