



## Food & Fitness Advisor®

### EDITOR-IN-CHIEF

ORLI R. ETINGIN, M.D.

*Director, The Center for Women's Healthcare*

*Vice Chairman, Dept. of Medicine  
Professor of Clinical Medicine,  
Weill Medical College of Cornell  
University*

## IN THE NEWS

---

### **Tai Chi can boost physical function in osteoarthritis sufferers**

Taking up Tai Chi may result in less pain and fewer difficulties with daily activities for people with osteoarthritis, a deterioration of cartilage that cushions bones in the joints that often occurs with aging. A randomized study from Korea looked at changes in pain, balance, muscle strength, and physical functioning in older osteoarthritis patients at the completion of a 12-week Tai Chi program. The Tai Chi exercise group showed significant improvement in physical functioning while the control group reported no change or worse functioning. There were significant improvements in abdominal muscle strength and balance for the Tai Chi group, but no major change in flexibility or knee muscle strength. The study was presented at the annual meeting of the American College of Rheumatology in November 2001.