

How Health Qigong (HQG) Ba Duan Jin (BDJ) helps to reduce the symptoms of Parkinson's

Main symptoms of Parkinson's

- Tremor – the shaking of hands and arms, especially when the limbs are relaxed and resting, is one of the main issues experienced by people with Parkinson's. One of the characteristics of BDJ is the interplay between tension and relaxation. Tension only happens transitionally between movements, for the rest of the time, the body is relaxed. However, even though the body is relaxed, the body is not lax. The limbs are still required to maintain in a certain posture. In this way, the **limbs learn to control movements in a relaxed way, hence reducing tremor**. Because the body is relaxed most of the time during the practice, BDJ is considered as an **energy conservation**, rather than energy consumption, exercise.
- Slowness of movements, shuffling gait with small steps – People with Parkinson's do not intentionally move slowly or walk with small steps. In BDJ, movements are big and round, slow and smooth. These are intentional. Mind and body are required to work together. As a result, **movements are controlled and coordinated**. When movements are controlled, **balance will be improved** and fear of falling will be less.
- Muscle and joint stiffness (rigidity) – A lot of people with Parkinson's have joint and muscle problems. BDJ is well known for its stretching and muscle strengthening effect on the body. It emphasises a lot on correct postures, proper use of muscles and joints in a particular movement, and body symmetries. As a result, a lot of **postural deformities can be improved**. Because BDJ is Traditional Chinese Medicine (TCM) based, BDJ's stretching helps to **unlock obstructed meridians** (energy pathways) and re-balance the body's yin-yang state.

Characteristics of HQG BDJ

- Integration of regulations of body, mind and breathing
- Big, slow, smooth and continuous movements
- Interplay between tension and relaxation
- TCM based
- Energy conservation, rather than energy consumption