Target Areas for Rehabilitative Qigong & Tai Chi
This supplemental guide to the IRQTC programs includes gestures that are most beneficial for targeted rehabilitation. While it is important to remember that Qigong & Tai Chi are holistic and whole body practices at times certain gestures may have a greater therapeutic effect on specific body regions. This guide is organized by target region and includes suggestions from each of the IRQTC programs. Gestures listed under each target region are generally beneficial, while gestures marked with an asterisks (*) are being suggested as preferable or of greater value.

-Brian Trzaskos, Founder IRQTC
CERVICAL ROM / STRENGTH
Neck & Shoulder Program
Polishing the table
Turtle Retracts Head*
Cloud hands*
Swimming Dragon*
Thumb Gazing*
Owl Turns Head*
Spiraling

Balance Program
Parting the Wild Horses Mane
Brush Knee
Squeezing out the Sponge
Circling
Cloud hands*
Gathering
Flowing Motion

First Aid for Backs
3-Way Rotations*

Spine & LE Program
Ring the Temple Gong*
Beat the Heavenly Drum*
Cloud Hands
Ocean Wave
Lazy About Tying the Coat
Swimming Dragon*

Taffy Pulling*
Coiling*
Spiraling*

Balance Enhancement Program
Parting the Wild Horses Mane
Brush Knee*
Squeezing out the Sponge*
Circling
Cloud hands*
Gathering*

First Aid for Backs

Spine & LE Program
Ring the Temple Gong*
Beat the Heavenly Drum*

Spine & LE Program

Wind in Bamboo*
Gathering
Gecko Press*
Cloud Hands
Dantien Circling
Ocean Wave*
Lazy About Tying the Coat**
Grasping the Sparrows Tail*
Inner Rivers Flowing*
Swimming Dragon**

TRUNK ROM / STRENGTH
Neck & Shoulder Program
Polishing the table*
Cloud hands*
Swimming Dragon*
Thumb Gazing*
Tree Hugging
Owl Turns Head*
Earth & Sky

Spine & LE Program

Bird Dog*
Gathering

Core Stability Program
Focused Abdominal Breathing*
Reverse Abdominal Breathing*

CORE STRENGTH / STABILITY

Spine & LE Program
Harmonize Yin/Yang**
Pulling Up Roots**
Horse stance with core pumping**
Focused Punching**
Archer Stance**

Hip ROM/Strength
- Neck & Shoulder Program
- Polishing the table
- Cloud hands
- Swimming Dragon
- Thumb Gazing
- Tree Hugging*
- Owl Turns Head
- Coiling*
- Spiraling*

Balance Enhancement Program
- Parting the Wild Horses Mane
  (Stepping/Walking)
- Brush Knee (Stepping/Walking)
- Circling*
- Cloud hands* (Stepping)
- Gathering*
- Flowing Motion
- Open / Close*
- Crane*
- Tai Chi Walking*

First Aid for Backs
- 3-Way Rotations
- Hip Open/Close*
- Tiger Stretch

Spine & LE Program
- Hip Circles**
- Gathering
- Dantien Circling**
- Lazy About Tying the Coat**
- Grasping the Sparrows Tail*

Inner Rivers Flowing*
Swimming Dragon*

Core Stability Program
- Harmonize Yin/Yang*
- Pulling Up Roots*
- Horse stance with core pumping*
- Focused Punching*
- Archer Stance*

KNEE FUNCTION
- Neck & Shoulder Program
- Tree Hugging**
- Coiling*
- Spiraling*

Balance Enhancement Program
- Parting the Wild Horses Mane*
  (Stepping/Walking)
- Brush Knee* (Stepping/Walking)
- Squeezing out the Sponge (Standing)
- Circling**
- Gathering*
- Flowing Motion
- Open / Close
- Crane*
- Tai Chi Walking

First Aid for Backs
- Tiger Stretch

Spine & LE Program
- Hip Circles
- Gathering
- Dantien Circling**
- Ocean Wave
- Lazy About Tying the Coat**
- Grasping the Sparrows Tail*
- Inner Rivers Flowing*
- Swimming Dragon*
Core Stability Program
Harmonize Yin/Yang*
Pulling Up Roots
Horse stance with core pumping**
Focused Punching**
Archer Stance**

ANKLE FUNCTION
Neck & Shoulder Program
Tree Hugging
Owl Turns Head
Coiling*
Spiraling*

Balance Enhancement Program
Parting the Wild Horses Mane*
(Stepping/Walking)
Brush Knee* (Stepping/Walking)
Circling*
Cloud hands* (Stepping/Walking)
Gathering
Flowing Motion*
Open / Close
Crane*
Tai Chi Walking

Spine & LE Program
Ankle Circles**
Hip Circles
Gathering*
Dantien Circling**
Ocean Wave
Lazy About Tying the Coat**
Grasping the Sparrows Tail*
Inner Rivers Flowing*
Swimming Dragon*

Core Stability Program
Harmonize Yin/Yang
Pulling Up Roots
Horse stance with core pumping
Archer Stance

SHOULDER ROM/STRENGTH
Neck & Shoulder Program
Accordion Breathing*
Polishing the table*
Turtle Retracts Head
Cloud hands*
Swimming Dragon*
Heart / Lung Opening*
Two Hand Offering*
Thumb Gazing*
Tree Hugging**
Owl Turns Head
Earth & Sky*
Coiling*
Spiraling**

Balance Enhancement Program
Parting the Wild Horses Mane
Brush Knee
Squeezing out the Sponge
Circling*
Cloud hands*
Gathering*
Flowing Motion*
Open / Close
Crane

First Aid for Backs
3-Way Rotations
Tiger Stretch

Spine & LE Program
Ring the Temple Gong
Beat the Heavenly Drum
Wind in Bamboo*
Gathering*
Institute for Rehabilitative Qigong & Tai Chi

Gecko Press
Cloud Hands*
Dantien Circling
Ocean Wave
Lazy About Tying the Coat**
Grasping the Sparrows Tail*
Swimming Dragon

Core Stability Program
Harmonize Yin/Yang
Focused Punching*
Archer Stance*

ELBOW ROM/STRENGTH
Neck & Shoulder Program
Accordion Breathing
Polishing the table*
Turtle Retracts Head*
Cloud hands
Swimming Dragon*
Heart / Lung Opening*
Two Hand Offering*
Thumb Gazing*
Tree Hugging
Owl Turns Head*
Earth & Sky
Coiling*
Spiraling*

Balance Enhancement Program
Parting the Wild Horses Mane
Brush Knee
Squeezing out the Sponge*
Circling*
Cloud hands
Gathering*
Flowing Motion
Open / Close
Crane

Spine & LE Program
Gathering
Gecko Press
Cloud Hands
Dantien Circling
Lazy About Tying the Coat*
Grasping the Sparrows Tail*
Swimming Dragon

Core Stability Program
Harmonize Yin/Yang
Focused Punching*
Archer Stance*

WRIST/HAND FUNCTION
Neck & Shoulder Program
Accordion Breathing
Polishing the table
Turtle Retracts Head
Cloud hands
Swimming Dragon
Heart / Lung Opening*
Two Hand Offering**
Thumb Gazing*
Tree Hugging
Owl Turns Head
Earth & Sky
Coiling*
Spiraling*

Balance Enhancement Program
Parting the Wild Horses Mane
Brush Knee
Squeezing out the Sponge*
Circling
Cloud hands
Flowing Motion
Open / Close
Crane
**Spine & LE Program**
- Cloud Hands
- Dantien Circling
- Lazy About Tying the Coat*
- Grasping the Sparrows Tail*
- Swimming Dragon

**Core Stability Program**
- Harmonize Yin/Yang*
- Focused Punching*
- Archer Stance*

**GAIT FUNCTION**

**Neck & Shoulder Program**
- Polishing the table (Vision Focus)
- Turtle Retracts Head (Vision Focus)
- Cloud hands (Vision Focus)
- Swimming Dragon (Vision Focus)
- Thumb Gazing (Vision Focus)
- Tree Hugging
- Owl Turns Head (Vision Focus)
- Coiling*
- Spiraling*

**Balance Enhancement Program**
- Parting the Wild Horses Mane* (Stepping/Walking)
- Brush Knee* (Stepping/Walking)
- Squeezing out the Sponge
- Circling*
- Cloud hands* (Stepping/Walking)
- Gathering
- Flowing Motion*
- Open / Close
- Crane*
- Tai Chi Walking**

**Spine & LE Program**
- Ankle Circles
- Hip Circles

**Gathering**
- Dantien Circling*
- Ocean Wave
- Lazy About Tying the Coat
- Grasping the Sparrows Tail
- Inner Rivers Flowing
- Swimming dragon

**Core Stability Program**
- Pulling Up Roots
- Horse stance with core pumping
- Focused Punching
- Archer Stance

**SINGLE LEG STAND WEIGHT SHIFTING & BALANCE**

**Neck & Shoulder Program**
- Thumb Gazing
- Owl Turns Head
- Coiling
- Spiraling

**Balance Enhancement Program**
- Parting the Wild Horses Mane* (Stepping/Walking)
- Brush Knee* (Stepping/Walking)
- Circling
- Cloud hands* (Stepping/Walking)
- Flowing Motion
- Open / Close*
- Crane**
- Tai Chi Walking*

**Spine & LE Program**
- Ankle Circles
- Dantien Circling
- Lazy About Tying the Coat
- Grasping the Sparrows Tail
- Inner Rivers Flowing
- Swimming dragon
LATERAL STABILITY

Balance Program
Parting the Wild Horses Mane*
Brush Knee*
Circling*
Gathering*
Flowing Motion**
Crane*
Tai Chi Walking*

Spine & LE Program
Gathering*
Dantien Circling*
Ocean Wave
Swimming dragon

Core Stability Program
Horse stance with core pumping*
Focused Punching*

DIAGONAL STABILITY

Balance Program
Parting the Wild Horses Mane*
Brush Knee*
Circling*
Gathering*
Flowing Motion**
Crane*
Tai Chi Walking*

Spine & LE Program
Gathering*
Dantien Circling*
Ocean Wave
Swimming dragon

Core Stability Program
Horse stance with core pumping*
Focused Punching*

ANTERIOR/ POSTERIOR STABILITY

Neck & Shoulder Program
Polishing the Table
Cloud hands
Swimming Dragon
Thumb Gazing*
Tree Hugging*
Gathering
Spine & LE Program
Polishing the Table
Cloud hands
Swimming Dragon
Thumb Gazing*
Tree Hugging*

Core Stability Program
Horse stance with core pumping
Archer Stance*

Balance Enhancement Program
Parting the Wild Horses Mane*
(Stepping/Walking)
Brush Knee* (Stepping/Walking)
Circling
Cloud hands* (Stepping)
Gathering
Open / Close
Tai Chi Walking

Balance Enhancement Program
Parting the Wild Horses Mane*
(Stepping/Walking)
Brush Knee* (Stepping/Walking)
Circling
Cloud hands* (Stepping)
Gathering
Open / Close
Tai Chi Walking

Core Stability Program
Horse stance with core pumping*
Focused Punching*

Balance Enhancement Program
Parting the Wild Horses Mane*(Stepping/Walking)
Brush Knee*(Stepping/Walking)
Circling**
Cloud hands
Flowing Motion
Open / Close
Crane*
Tai Chi Walking*
Spine & LE Program
Hip Circles
Cloud Hands
Dantien Circling**
Lazy About Tying the Coat**
Grasping the Sparrows Tail**
Inner Rivers Flowing*
Swimming dragon
Core Stability Program
Pulling Up Roots*

HEMI LATERAL MOVEMENT
Balance Program
Parting the Wild Horses Mane
(Stepping/Walking)
Cloud hands (Stepping/Walking)

CROSS LATERAL MOVEMENT
Neck & Shoulder Program
Polishing the table
Cloud hands
Swimming Dragon
Thumb Gazing
Owl Turns Head
Spiraling*

Balance Enhancement Program
Parting the Wild Horses Mane
(Stepping/Walking)
Brush Knee* (Stepping/Walking)
Cloud hands

Spine & LE Program
Beat heavenly drum*
Cloud Hands
Lazy About Tying the Coat
Grasping the Sparrows Tail
Swimming dragon*

Core Stability Program
Archer Stance

VISUAL SCANNING/FOCUS
Neck & Shoulder Program
Polishing the table*
Turtle Retracts Head*
Cloud hands*
Swimming Dragon*
Thumb Gazing**
Owl Turns Head
Coiling
Spiraling

Balance Enhancement Program
Parting the Wild Horses Mane
Brush Knee
Circling*
Cloud hands**
Gathering
Flowing Motion*

Spine & LE Program
Gathering
Gecko Push Up*
Cloud Hands**
Dantien Circling
Swimming dragon

Core Stability Program
Focused Punching*
Archer Stance*