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Tai Chi enhances biopsychosocial management of chronic LBP

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Chronic low back pain (cLBP) is a complex, multi-factorial condition that despite research efforts and innovative interventions remains a prevalent, disabling and costly challenge. Factors that play into cLBP include age, gender, location and cause of symptoms, co-morbidities, physical fitness, cultural beliefs, and socioeconomic, legal and psychological factors. This case study (poster) illustrates a specific mind-body intervention, the Tai Chi Fundamentals(TCF) training program, as a potential intervention to address the complex multi-faceted problems associated with cLBP.

Biography

Kristi M Hallisy, PT, DSc, OCS, CMPT is an Assistant Professor at the University of WI-Madison Doctor of Physical Therapy Program. Her teaching responsibilities include musculoskeletal coursework, health promotion and wellness, orthotics and prosthetics. She received a Bachelor of Science degree in Physical Therapy from the University of Wisconsin-Madison (1984), a Master of Science in Kinesiology from the University of Michigan-Ann Arbor (1992) and a Doctorate of Science in Physical Therapy from Andrews University in Berrien Springs, Michigan (2011). Her clinical appointment includes patient care at University Health Services (student health) and professional staff development at UW-Health Princeton Club East Outpatient PT Clinic. She serves as a faculty member, instructor and Director of Mentoring for the Post-Professional Orthopaedic Clinical Residency Program offered at the UW-Health and Meriter hospitals. She provides service to the Wisconsin Physical Therapy Association (WPTA) as a member of the WPTA Board of Directors, Co-Chair of the Health Promotion and Wellness Committee and special liaison to the WPTA Continuing Education Committee.

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