

Elderly People Will Benefit From Qigong Exercises

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ABSTRACT

Chronic back pain (CBP) is a frequent complaint among the elderly who seek medical attention. The most popular treatment option for this disorder is pharmacological, which has dangerous side effects. The gentle exercise Yi Ren Medical Qigong (YRMQ) has been shown to relieve chronic pain in elderly people with only one application.

KEYWORDS: Exercises, yoga, Muscle.

INTRODUCTION

The objective of this clinical trial was to evaluate the effectiveness of qi therapy in decreasing pain or discomfort. Pressure relief was measured using other appraisal instruments such as the Roland Morris Disability Questionnaire (RMDQ) and the Brief Pain Inventory (BPI) scales over the duration of the 5-week study. Qigong has been shown to reduce discomfort and the use of pain medications, at least in the short term. Our preliminary effectiveness findings were consistent with previous qigong research that showed progress in back pain through appraisal score improvements, but there was insufficient statistical data to prove the proposed exercises' replicable efficacy. Our experiment had a number of flaws, including the research group's lack of a test group with which to compare the findings. Our statistical capacity was constrained by the small sample size associated with our pilot configuration. It was moderately feasible to conduct a 5-week pilot trial of qigong activities for an elderly population sample using CBP. Chronic pain is also a widespread concern, despite technological advancements in modern medicine. According to new findings, the majority of people receiving medical attention in the United States suffer from chronic pain; however, there is yet to be a successful diagnosis or therapy that has entirely eradicated the pain condition. The complexities of pain are embedded in a multidimensional

process that moves back and forth between nature and culture.” Considering the existential facets of this illness (emotional, sociopolitical, and psychological) will put the psychiatrist to the test in terms of developing long-term recovery strategies that not only alleviate the patient's symptoms but also provide sense to their daily lives. The health and medical professionals are continually using a holistic approach for mind-body well-being in the twenty-first century. The World Health Organization (WHO) described health in 2001 as "a state of full physical, emotional, and social well-being, rather than just the absence of illness or infirmity." Medical qigong is being carefully watched and it can also improve fitness. There are many common alternative therapies that have been used for the prevention and cure of disease. It has been shown that auto-modulation of the mind-body bond will increase our activity level. Qi is a word used in Chinese culture to describe a kind of essential energy. “The word qigong is commonly used to describe what the Chinese call qi rituals, which nurture the qi by gradual gestures, breathing exercises, and meditative visualisations,” writes Kerr. A population of about 70 million Chinese participates in frequent qigong activities due to its well-known health benefits, and there are about 70 million qigong practitioners worldwide. A population of about 70 million Chinese participates in everyday qigong exercises due to its well-known health benefits, and there are several qigong clinics available for group and individual instruction.

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