

Research Participation Opportunity



The ancients in China concluded thousands of years ago that Qi (Life Force, or Vital Energy) is the essence of all things on earth, and that the entire universe is a movement or mutation of Qi. “Gong,” in Chinese, means practice or training. Therefore, the two characters in "Qi-Gong" literally mean "Qi training" or "Working with Qi." The gentle movements, easy postures, and simple meditation techniques bring about a balanced energy flow, the end result being optimum health of the body and mind.

Participants do the following for the study:

- 3 testing meetings (2 hours at most each meeting: prior to start of intervention, 5th week, and at end of 8 week intervention) (UIUC's Rehab Center, 1207 S. Oak Street, Champaign)
- Qi gong group there will be three 1 hour Qi gong classes a week for the first 4 weeks of the study, then one 1 hour Qi gong class for the final 4 weeks of the intervention (16 hours total) (classes will be held at the First United Methodist Church in downtown Champaign, 210 West Church)
- Control group will go about their normal behaviors and not start an organized exercise program during the study.

Participants needed:

- 60 – 85 years old
- clinically diagnosed with knee, hip, and/or big toe osteoarthritis
- males & females
- all races and/or ethnicities
- cannot have participated in an organized exercise program for the last 2 months

Participants compensation:

- Free Qi gong classes and Video (control group will also be offered free Qi gong classes and video at the end of the study)
- \$40 for completion of the study



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