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**Guide to using the Cystic Fibrosis YouTube videos and e-booklet.**

**This DVD material was originally intended for use, alongside taught classes. This material is being made available to any children or adults with Cystic Fibrosis who may be interested. Please contact your physician, GP or local CF clinic to see if this is suitable for your needs.**

***All viewers following these videos are doing so at their own risk, the partner organisations involved in the CFCATS2 trial accept no responsibility for any injury or any damage sustained.***

Welcome everyone, we hope you enjoy following our DVD material online whilst at home. You’re welcome to try this with any family member or carer.

This material was originally intended to be used alongside face to face classes or online tutor supported sessions during the Randomized Controlled Trial called CFCATS2.

This programme of work was primarily funded by Tracie Lawlor trust for Cystic Fibrosis. In the final phase the Cystic Fibrosis trust provided additional funding. The study was run in conjunction with the Royal Brompton & Harefield Foundation Trust, London South Bank University, and the Confucius Institute of TCM in London. The Wu Shi Taiji & Qigong Association provided the teachers, instruction material and expertise to design the Tai Chi intervention to be specific to CF patients.

The trial had good results and people enjoyed having a form of exercise which incorporated mindfulness, postural awareness and breathing exercises in one whole set of simple exercises. Please see <https://youtu.be/_jwUkH-il7U>. The trial has been published in ERJ open research 2018;4: 00042-2018. Click the link to find out more - <https://doi.org/10.1183/23120541.00042-2018>

The sequence is designed to be delivered over **8-12** weeks. One or two movements can be added every week to build the sequence, eventually making a flowing fluid series of movements, and finishing with self-massage to aid circulation and mucus clearance.

Always start with the basic postural awareness and breath awareness, before getting going with the moves. Even if you are doing just a few movements, finish with the closing methods and self-massage. Use the individual videos on each movement to get the details of the movement, then use the full sequence video to follow the sequence in a natural way. If you find it confusing, please get in touch.

This sequence was chosen for its flexibility. Due to fluctuations in health and breathing it can be difficult to complete other activity on a ‘bad’ day. With this sequence you can do less or do the sequence in a chair or even from your bed.

If you are getting stuck or confused with the sequence without instruction, you are welcome to get in touch with Awais who may be able to answer any question you have.

I have included a brief lesson plan below:

We recommend starting with 10 mins a day of practice then building up slowly to 20 mins daily. Some of our participants found it useful to do 10 mins of practice twice in a day. You are welcome to experiment and see what works for you and your daily schedule.

**Links to the videos:**

Complete playlist : <https://www.youtube.com/playlist?list=PLPYEPWd1O1qbCnqdY60cxn9xDeHo3vWBg>

Welcome section: <https://youtu.be/ZfbEUa3QQGE>

Introduction section: <https://youtu.be/eGw6Ur2KjCc>

Beginning posture/ first movement- standing sequence : <https://youtu.be/e8XD2h57j88>

Second movement- Rotate and Raise hands- <https://youtu.be/O2HWm1narTo>

Third movement - Support Heaven with Two Hands- <https://youtu.be/Xi2Qo6bU_B4>

Fourth/Fifth movement’s- Cloud Hands- <https://youtu.be/BtLqnR3Dzlg>

Sixth Movement- Dragon Stretches Out Hands- <https://youtu.be/weq1gBf0cGw>

Seventh Movement- Tiger Pounces- <https://youtu.be/8gJkPd3NvHs>

Eighth Movement- Parting the Waves- <https://youtu.be/cfpSI8lA3eY>

Ninth Movement- White Crane Flashes it Wings- <https://youtu.be/3pelZLvNDpw>

Closing methods- <https://youtu.be/Cn8Il3jphW0>

Self-Massage- <https://youtu.be/UJfbRQvp73c>

Full standing sequence- <https://youtu.be/ZuWym-1ey9Q>

Full seated sequence- <https://youtu.be/GC86HCyMo6I>

Acknowledgments & credits- <https://youtu.be/C8C-VhKY67Y>

Kind regards from all the Research Team involved- and a special thanks to all those who took part in the original studies. Thanks to Emma Lake public affair officer at the CF Trust.

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Kind Regards - Awais Mian - Vice Chairman of the Wu Shi Taiji & Qigong association, lead Instructor on the CFCATS2 project.

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**Links to organisations involved-**

Tracie Lawlor foundation for Cystic Fibrosis- <http://www.tracielawlortrust.com>

The Cystic Fibrosis trust- <https://www.cysticfibrosis.org.uk/news/tai-chi>

Royal Brompton & Harefield Foundation Trust –

London South Bank University- <https://www.lsbu.ac.uk/stories/cystic-fibrosis-caring-adults-through-tai-chi>

The Confucious Institute of TCM in London- <https://lsbu-confucius.london>

The Wu Shi Taiji & Qigong Association- [www.wustyle.uk.com](http://www.wustyle.uk.com)

**Details of the research team-**

Prof Nicola Robinson – Emeritus Professor of traditional Chinese Medicine and integrated Health, London South Bank University and Visiting Professor Beijing University of Chinese Medicine and grant holder

Dr Ava Lorenc – Senior Researcher associate, University of Bristol

Dr Patricia Ronan London South Bank University

Awais Mian  London South Bank University

Dr Siobhan Carr - Consultant Paediatrician, Paediatric Respiratory Lead, Royal Brompton and Harefield Foundation Trust

Dr Susan Madge - Consultant Nurse, Centre Director Adult Cystic Fibrosis Centre, Royal Brompton and Harefield Foundation Trust

**Tai chi instructors:**

Michael Acton - founder of the Wu Shi Taiji & Qigong Association. Michael developed the sequence over many years and tailored it for its use in the trial. He mentored the teaching team throughout the trial.

Awais Mian- vice chairmen of the association- Awais was the lead instructor and led teacher training and refinement of the intervention.

Other teachers: Faisal Mian, James Brown, Jeremy Marshall, Nick Goss, Matt Cooper, Steve McCulloch,

**Research publications to date**

Carr SB, Ronan P, Lorenc A, Mian A. Madge SL, Robinson N. Children and Adults Tai Chi Study (CF-CATS2): a randomised controlled feasibility study comparing internet delivered with face to face Tai Chi lessons in cystic fibrosis. ERJ open research 2018;4: 00042-2018. <https://doi.org/10.1183/23120541.00042-2018>

Lorenc A, Ronan P, Mian A, Madge S, Carr S, Agent P,Robinson N.  Cystic Fibrosis - Children and Adults Tai chi Study (CF CATS2):  Can Tai Chi improve symptoms and quality of life for people with cystic fibrosis ? Second Phase study protocol. Chinese Journal of Integrative Medicine (2015) doi:10.1007/s11655-015-2150-1 first on line 26 May 2015

Lorenc, A, Mian A, Madge S, Carr S,Robinson N. CF-CATS: An uncontrolled feasibility study of using tai chi for adults with cystic fibrosis. European Journal of Integrative Medicine 2013; 5(6):  476-486.