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Title: Effect of Chinese Tai chi exercise in COPD patients with moderate airflow limitation

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Body: Introduction and background: Recently, several small sample studies demonstrated the effectiveness of Chinese Tai chi exercise in people with COPD. However, the effect Tai Chi have not been specially evaluated in in COPD patients with moderate airflow limitation. Aims and objectives: To evaluate the effectiveness of a 6-week Chinese Tai chi exercise in COPD patients with moderate airflow limitation. Methods: Thirty COPD patients with moderate airflow limitation were recruited. All patients received standard COPD care and were taught tai chi exercise for 1 hour, thrice a week, which include gentle movement, relaxation and breathing techniques. St. George Respiratory questionnaire, lung function test and 6-min walk test were performed at the baseline and at the end of 6 weeks. Differences in pre-Tai chi versus post-Tai chi scores were evaluated using paired t-tests. Results: Statistically significant improvements were observed on the St. George Respiratory questionnaire ($p < 0.01$) and FVC ($p < 0.05$). No changes were observed on FEV1 and 6-min walk distance. Conclusions: Tai chi exercise when practiced by COPD patients with moderate airflow limitation results in improvement in the quality of life and FVC on a 6 week-term basis, which provided an alternate form of exercise training which does not require exercise equipment.