

Till Uhlig MD/Professor
National Advisory Unit on Rehabilitation in Rheumatology
Department of Rheumatology, Diakonhjemmet Hospital
Box 23 Vinderen, N-0319 Oslo, Norway
Email: tillmann.uhlig@medisin.uio.no

To whom it may concern

Recommendation for Dr. Paul Lam to talk on TED

Paul Lam is a dedicated practitioner and educator in Tai Chi. He has considerably advanced the field of Tai Chi for use in medical conditions. I have had the pleasure to work with him and have him as a Tai Chi teacher in Oslo, Norway for use in rheumatic conditions. I first met him at the American Congress of Rheumatology in the late 1990s where he presented Tai Chi at a scientific poster. He has virtually travelled around the world to spread this appealing exercise method among health professionals and patients.

His gentle and persistent way to teach Tai Chi with a necessary quality standard has made Tai Chi an important exercise modality not only in rheumatic but also other medical conditions. I am convinced that Paul Lam is the right person to talk in a TED on the ability of Tai Chi and recommend him strongly.

Oslo, November 2nd 2016

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