

Disease	Yoga	Qigong and Tai Chi	Other
General Health	<p>No effect on bone density in post-menopausal women⁸⁵</p> <p>In elderly, improvement in flexibility, strength, balance, depression perceived mental and physical health, sleep quality, and vitality compared to inactive controls and improvement in flexibility, strength and depression compared to active controls⁸⁶</p>	<p>Better bone density at the femoral neck and trochanter in the Tai Chi group compared to usual care²</p> <p>Improved cognition and physical function in older practitioners of Qigong and Tai Chi in a meta-analysis</p> <p>Decreased falls in elderly doing Tai Chi compared to walking or standard care²</p>	<p>No effect of Pilates on bone density in post-menopausal women⁸⁵</p> <p>In an umbrella review, Pilates reduced body mass index and body fat percentage, relieved pain and disability, and improve sleep quality and balance; however low quality of evidence⁸⁷</p> <p>No improvement in balance for elderly patients doing Pilates compared to controls in a meta-analysis⁸⁸</p> <p>Among pregnant patients, 8-week home based Pilates reduced body fat metabolism and improved low back pain and insomnia⁸⁹</p>
Cancer	<p>In breast cancer patients using chemotherapy, a meta-analysis demonstrated reduced fatigue, depression and anxiety, improved sleep and QoL short term, uncertain effects medium and long-term²¹</p> <p>No weight gain and no loss in quality of life in women with breast cancer undergoing chemotherapy compared to controls²⁸</p> <p>In a systematic review, yoga in breast cancer patients with lymphedema improves QOL, ROM, and musculoskeletal symptoms²⁵</p> <p>Greater improvement in cancer related fatigue compared to survivorship program²³</p> <p>Improved QoL, immune response and reduced inflammation in young men with localized prostate CA²⁰</p>	<p>Decreased severity of cancer symptoms and chemotherapy side effects in Tai Chi practitioners¹⁹</p> <p>Improved physical function, strength, flexibility QoL and self-esteem among breast cancer patients doing Tai Chi compared to psychosocial support²</p>	
Cerebral Palsy	<p>Improved attention with a mindfulness yoga intervention⁹⁰</p>	<p>No studies identified</p>	<p>Modified Pilates demonstrates greater improvement in trunk control, postural control, gait, and balance compared to neurodevelopmental therapy⁹¹</p>
Stroke	<p>Reduced depression, anxiety, improved balance, QoL, reduced fear of falling in a review⁹²</p>	<p>Improved aerobic endurance, functional reach, dynamic gait, walking speed, and static and dynamic balance reduced falls, sway length and velocity following Tai Chi⁹²</p>	<p>Improved functional balance, standing and dynamic balance, reaction time, maximum excursion, and quality of life with pilates⁹²</p>
Traumatic Brain Injury	<p>Improved respiratory functioning and self-perceived physical and psychological well-being in adults with severe TBI using breath-focused yoga³⁵</p>	<p>Improved emotion and mood with Tai Chi compared to usual care²</p>	

Parkinson's Disease	Mindfulness yoga is as effective as stretching and resistance training for improving motor dysfunction and mobility, and is more effective in reducing anxiety, depression and improving Quality of life ⁹³ Improved proprioception and balance ⁹⁴	A meta-analysis on the efficacy of Tai Chi found improved balance and motor function ¹⁴ Improved breathlessness, spirometry and cardiopulmonary testing in the Qigong group compared to aerobic training group ²	Improved arm muscle rigidity after Trager approach ¹¹ Dance intervention using Feldenkrais improved motor, non-motor symptoms and gait ¹⁰ Improved quality of life, depression, cognitive status, balance, mobility, gait speed and strength using Feldenkrais ⁵⁵
Multiple Sclerosis	Improved fatigue, physical function, and pain in patients doing yoga, similar effects to other exercise ⁹⁵ No significant improvement in QoL based on a meta-analysis ⁹⁶	Improvement in balance, gait, anxiety, and cognition after one year of Tai Chi practice ⁹⁷	Improved stress, and balance but not function using Feldenkrais ⁵⁵
Rheumatoid Arthritis	Improvement in mood and fatigue but not QoL following a 12 week program ⁹⁸	Improved physical function, strength and pain for Tai Chi practitioners more than controls ²	
Chronic Pain	Improved depression, occupational performance, depression, and daily activities in a small cohort ⁹⁹	Pain relief with Tai Chi for osteoporosis and low back pain ¹⁰⁰	Trager approach helped in chronic pain following spinal and hip surgery ⁸⁴ Feldenkrais improves pain, balance, functional exertion, quality of life and disability in a review ⁵⁵
Chronic Low Back Pain	Meta-analysis showed reduced pain up to 7 months, disability up to 12 months compared to non-exercise; no difference in pain or disability compared to physical therapy; no difference in physical and mental quality of life with yoga compared to non-exercise or physical therapy ¹⁰¹	Tai Chi alleviates low back pain, helps preserve lower extremity neuromuscular function similar to core stability training ¹⁰²	Improved muscular strength, endurance, pain relief and function with pilates ¹⁰³ Improved QoL and earlier reduction in pain following an 8-week core based Pilates program compared to standard of care ¹⁰⁴ In a review Pilates was not inferior to equivalently dosed exercises, and can be superior to non-equivalent or no exercise ¹⁰⁵ In a network meta-analysis, Pilates, McKenzie therapy and functional restoration were more effective than other types of exercise for improving function and reducing pain intensity ¹⁰⁶ Pilates is associated with reduced kinesiophobia in a meta-analysis ¹⁰⁷ In a review, Feldenkrais reduced pain, and disability, improved QoL ⁵⁵ Feldenkrais is associated with better QoL, interoceptive awareness and reduced disability index compared to core stability exercises ¹⁰⁸
Lumbar Disk Herniation	Improvement in low back and neuropathic pain, disability and function with a biweekly yoga program for 12 weeks compared to controls	Tai Chi practitioners have less vertebral degeneration and herniation compared to non-Tai Chi practitioners ¹⁰⁹	Reduced pain and disability and improved flexibility, static and dynamic endurance and some improvement in QoL compared to no treatment ¹¹⁰

Osteoarthritis	Improved pain, function, and stiffness compared to both exercise and non-exercise controls ¹¹¹	Sun Style Tai Chi endorsed by the American College of Rheumatology/Arthritis to improve function ⁴ Decreased pain and improved WOMAC in Tai Chi group compared to controls ²	Pilates, aerobic and strengthening exercise are effective for pain reduction in knee osteoarthritis Pilates improved pain, physical function and QoL ¹¹²
Fibromyalgia	An 8 week yoga program improved pain, fatigue, anxiety, depression, and reduced pain catastrophizing ¹¹³	Tai Chi performed at the same intensity as aerobic exercises provides greater symptom improvement ⁵²	Mat Pilates and water aerobics improve pain and function, while mat Pilates also improves QoL ¹¹⁴ Reformer Pilates improves muscle strength while home mat Pilates exercises improved the number of painful regions, biopsychosocial status and physical component QoL ¹¹⁵ Better pain relief but no difference in impact of Pilates compared to standard aerobic exercise in a pediatric population ¹¹⁶
Primary Dysmenorrhea	Significantly reduced reported pain ¹¹⁷	No studies identified for this update.	No studies identified for this update.
Chronic Headache	Meta-Analysis showed improved headache duration, frequency and intensity for tension headache ³⁴	Limited evidence to support Tai Chi for chronic headache ¹¹⁸	Trager decreased headache frequency and medication use ³³
Insomnia	Improved sleep for women without breast cancer and who are not peri/post-menopausal according to a meta-analysis ¹¹⁹	Improved sleep efficiency, reduced awakenings for Tai Chi practitioners compared to controls ¹²⁰	
Diabetes	Iyengar yoga improved HbA1c, diabetes self-care, quality of life, and emotional distress compared to walking ¹²¹	Improved HbA1c in Tai Chi and Qigong practitioners ¹²² Improved cognitive function in Tai Chi practitioners ¹²³	
Cardiac Health	Improved subjective feeling of cardiac health and quality of life compared to standard care, trend toward improved systolic function in a meta-analysis ¹²⁴	Improved cardiovascular function, stress and quality of life for Tai Chi practitioners ¹²⁵	
Heart Failure	Yoga improved blood pressure, heart rate variability, VO2 max, and myocardial performance in small studies ¹²⁶	Perceived reduction of cardiac symptoms and depression in Tai Chi group compared to usual care ²	
Myocardial infarction	Yoga based cardiac rehab has better self-rated health and greater return to pre-infarct conditions compared to standard cardiac rehab ¹²⁷	Improved systolic and diastolic blood pressure with Tai Chi compared to standard care ²	

Hypertension	Reduction of systolic and diastolic pressure in prehypertensive population in a meta-analysis ¹²⁸	Reduced systolic and diastolic blood pressure, higher nitric oxide and reduced endothelin levels in Tai Chi and Qigong practitioners compared to controls in a meta-analysis ⁵⁰ Decreased blood pressure, body mass index in Qigong compared to usual exercise ²	
Depression	Improvement in symptoms lasting 6 months or more in a review ¹²⁹	Reduced symptoms in substance use patients using Tai Chi or Qigong in a meta analysis ³¹ Improved depression symptoms with Tai Chi ²	
Anxiety	Hatha Yoga reduced anxiety proportionally to practice time ¹²⁹	Reduced symptoms in substance use patients using Tai Chi or Qigong in a meta analysis ³¹	
Bipolar Disorder	Systematic review found that yoga may improve some symptoms and depression; unknown long term effects ¹³⁰	No studies identified for this update.	
PTSD	Small to moderate decrease in symptoms with yoga based on meta-analyses and systematic reviews ¹³¹	Improved pain, decreased medication use with Tai Chi in a small cohort ¹³²	
Eating Disorders	Scoping review suggests improvement in symptomatology; however limited studies are available ¹³³	No studies identified for this update.	