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Effect of Taijiquan and Qigong on emotional and behavioral disorders in children and adolescents

Child development and wellness are strictly dependent on several factors among them physical activity, a proper nutrition and, of critical importance, a healthy mind. Psychopathologies like attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), conduct disorder (CD), Anxiety and depressive disorders (ADD), and Autism Spectrum disorder (ASD) have a direct negative impact on social, academic or occupational functioning of the affected children. If left untreated, these pathologies may progress to adulthood, thus requiring research strategies on conventional and nonconventional modalities of treatment. Several studies have already been performed on children and adolescents using Taijiquan and/or Qigong as treatment. These techniques follow the philosophy of Traditional Chinese Medicine, aiming to act and restore normal functioning of the body as a whole. With that in mind, this communication will present recent results on the topic, shedding some light on these alternative and complementary techniques for the treatment of emotional and behavioral disorders in children and adolescents.

Biography

Jorge Magalhães Rodrigues is a Traditional Chinese Medicine Specialist by the Institute of Biomedical Sciences of Oporto University. With 18 years of experience in the field, focused in Taijiquan and Qigong, early career in sports granted him several official national and international titles, gradually turning solely to the therapeutic effect of these modalities, especially in children. In addition, he is founder and president of the Portuguese Institute of Taiji and Qigong.

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