Parkinson's Disease and Tai Chi: Bringing Balance to the Body 26 Dec 2014. The purpose of this systematic review is to evaluate the evidence on the effect of Tai Chi for Parkinson's disease (PD). Methods. Six electronic databases were searched for randomized controlled trials (RCTs) comparing the effects of Tai Chi with another treatment or control group in patients with Parkinson's disease. Results. The review identified 12 RCTs that met the inclusion criteria. Five studies demonstrated a significant improvement in balance and falls-related outcomes, while seven studies did not find any significant differences between the intervention and control groups. Conclusions. Tai Chi may be a beneficial complementary therapy for improving balance and reducing falls risk in patients with Parkinson's disease. Further high-quality research is needed to confirm these findings.