



Tui Na Chinese Massage

Student Name	
Course Date and Time	

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Introduction to Tui Na

Tui Na means to push and grasp. It is the oldest form of massage known to mankind. Its development dates back over four and a half thousand years ago in China. Tui Na involves pressing onto particular points on the body to correct imbalances.

The practitioner must decide to either increase or decrease the body's function. For example if a client feels tired all the time, points must be chosen on the abdomen and legs to increase energy. On the other hand if a client is hyperactive and cannot sit still, points on the head and arms are used to bring energy level down.

The point selection process over time was developed by practitioners observing signs, taking the pulse and looking at the tongue. Based on this information they formulated a diagnosis, based on theories that would later form the foundation of Traditional Chinese Medicine.

Tui Na theories enabled the development of acupuncture, Chinese herbal medicine, moxibustion, cupping and other allied health professions who practice osteopathy, chiropractic, shiatsu, massage therapy and physiotherapy.

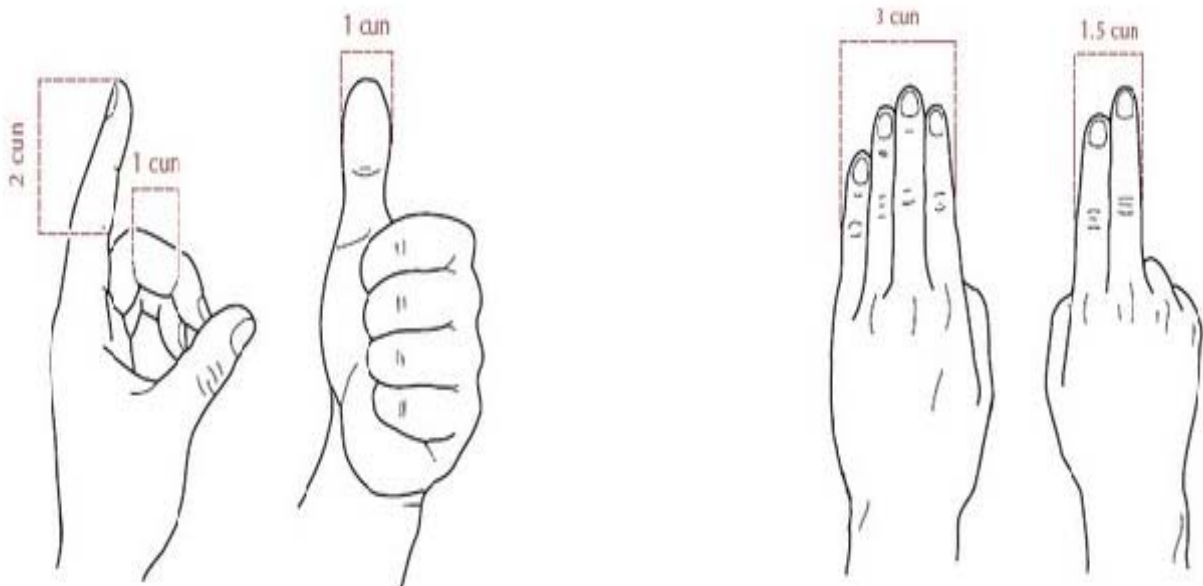
Today Tui Na is subdivided into specialised fields treating infants, adults, bone fractures, internal diseases and sport injuries.

The Development of Tui Na

- Chinese massage began over 4500 thousand years ago. Inscriptions about massage were found on oracle bones of turtle shells.
- Evidence of Tui Na was found in a book called The Internal Classic of the Yellow Emperor during the 1st century BCE and 1st century AD. This book contained 12 massage techniques and how to treat these specific diseases
- In 581-618 AD the 1st official department for Tui Na open in China
- During the Song and Yuan (1280-1368 AD) techniques were refine in bone setting and paediatrics
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- During the Ming dynasty 1368 massage became to be known as Tui Na
- Chinese immigrants came to Australia in search of gold 150 years ago and introduced Traditional Chinese Medicine and Tui Na to the community
- Chinese settlement grew in the Victorian gold field of Bendigo, Ballarat and Melbourne. By 1867 there were fifty TCM practitioners and only twenty five registered doctors
- Between 1912 and 1948 TCM was almost wiped out after Chinese doctors went to Japan to be trained in western medicine. They recommended that TCM should be banned
- 1st official training course opened in Shanghai in 1956
- 1974 Tui Na departments opened up all over China
- In 1987 Chinese National Tui Na Association was established
- In the 1990's Tui Na and Chinese medicine flourished all around the western world introducing diplomas and degrees

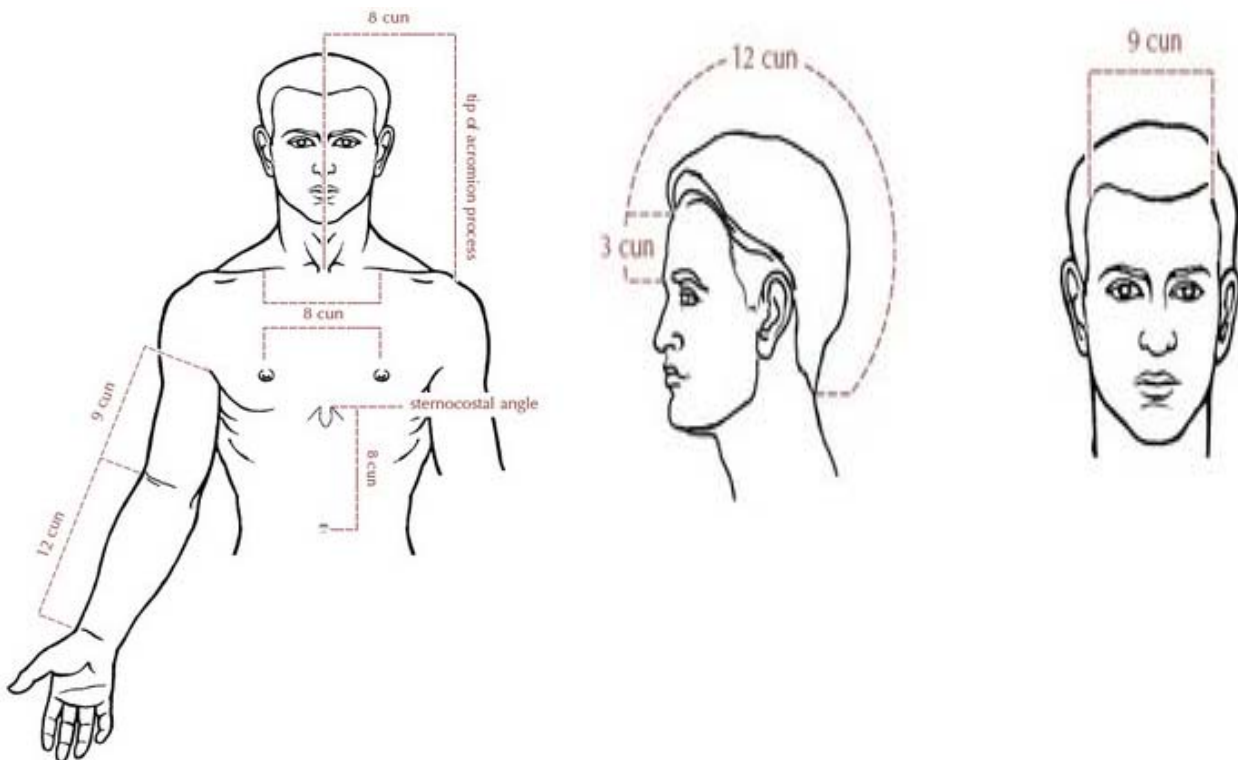
Point Location

There are several hundred acupuncture points located on the human body. To find the location of these points practitioners use anatomical landmarks and a Chinese measurement called cun. This measurement is taken by the size of the client's fingers, phalangeal joints and hand in relation to his or her body size. It is a relative measurement and takes some time to master. Below is a diagram depicting how a practitioner uses their hand as a measuring instrument.



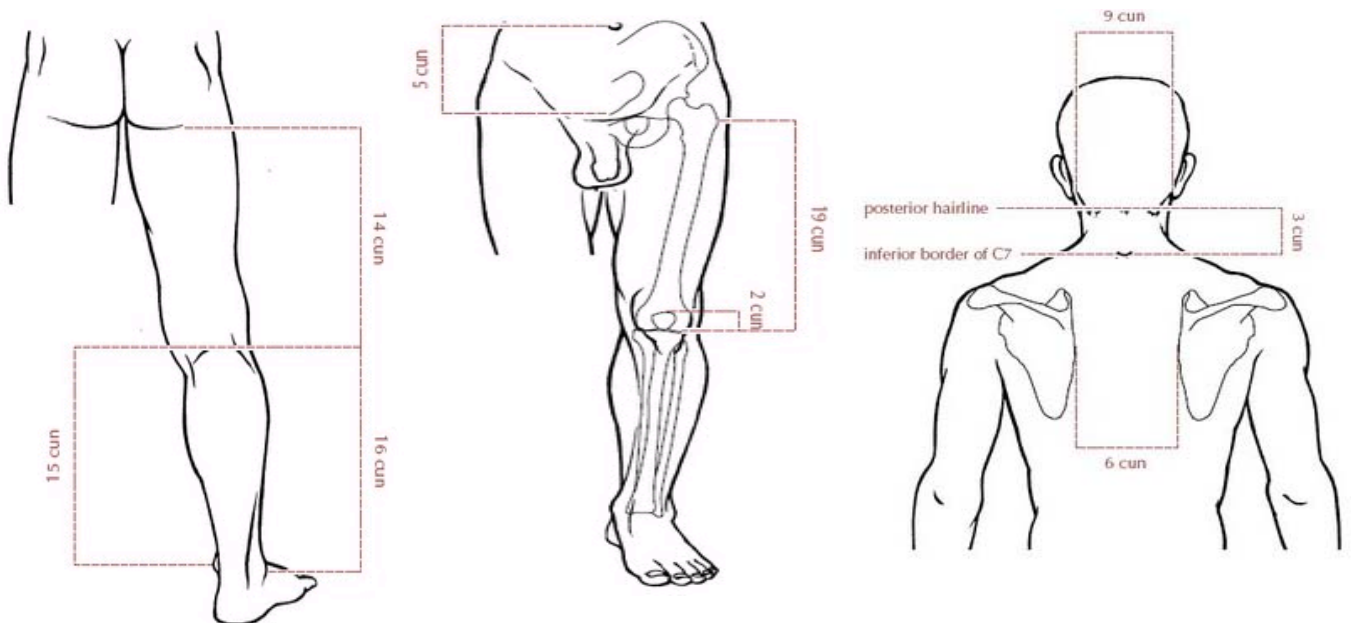
Cun measurements on the human body

DESCRIPTION	CUN
Anterior and posterior hair line	12
Glabella and anterior hair line	3
Between anterior and posterior angle hair line	12
Sternum and acromion process	8
Between the nips	8
Sternocostal angle and the navel	8
Anterior axillary crease and the cubital crease	9
Cubital crease and the wrist crease	12



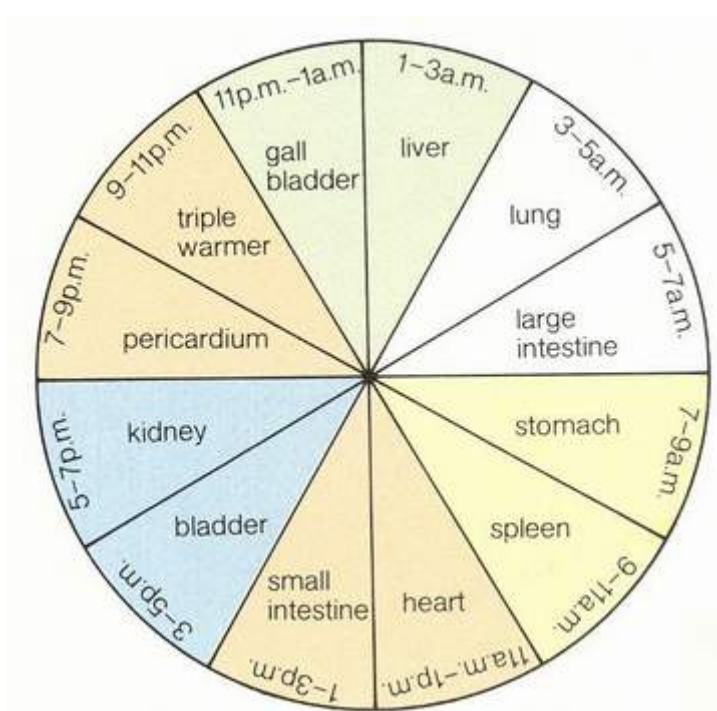
Cun measurements on the human anatomy

DESCRIPTION	CUN
Distance between mastoid process	9
Posterior hair line and lower border of C7	3
Distance between medial border of the scapula	6
Navel and pubic bone	5
Greater trochanter the popliteal crease	19
Height of patella	2
Gluteal fold and popliteal crease	14
Popliteal crease and lateral malleolus	16
Popliteal crease to medial Malleolus	15



Meridians

Meridians are pathways throughout the body, which harmonises the flow of Qi. These pathways run bilaterally throughout the body with the exception of the Conception and Governing vessel. They run along the centre line of the body from the front to back. There are 12 meridians associated with different organs in the body. These meridians consist of three Yin and three Yang meridians of the arm and three Yin and Yang meridians of the leg. Each meridian has a time frame where the qi is at its peak for approximately two hours. The diagram below displays our body's twenty-four hour clock. Description of each individual meridian and function will be explained in detail throughout the course.



Source: <http://curezone.com/forums/fm.asp?i=1370815>

Yin and Yang Theory

Yin and yang are seen as polar opposites that are neither forces nor material entities. It helps convey relationships, patterns and change in all that we see in this world and the universe as a whole. Yin and yang depict how things function in relation to each other and explain the continuous process of natural change. (Kaptchuk, 2000)

Yin originally meant the shady side of the mountain. It is often related to darkness, cold, rest, slowness and sleep. On the other hand yang is seen as the sunny side of the mountain and can be associated with light, heat, speed and movement. When looking at the Yin and Yang symbol it has a wave like line displaying Yin and Yang flow into one another and that it cannot exist alone. Within the yang we find a seed of yin and within yin we have a seed of yang. In this instance nothing is ever completely yin or yang. (Kaptchuk, 2000)



Contraindication to Tui Na

1. Pregnancy and heavy menstrual bleeding
2. When a person is hungry or has a full stomach. Tui Na can be administered half an hour before eating or one and a half hours after eating
3. Various forms of infectious skin diseases
4. For malignant tumours
5. Clients suffering from chronic fatigue

Massage Techniques Explained

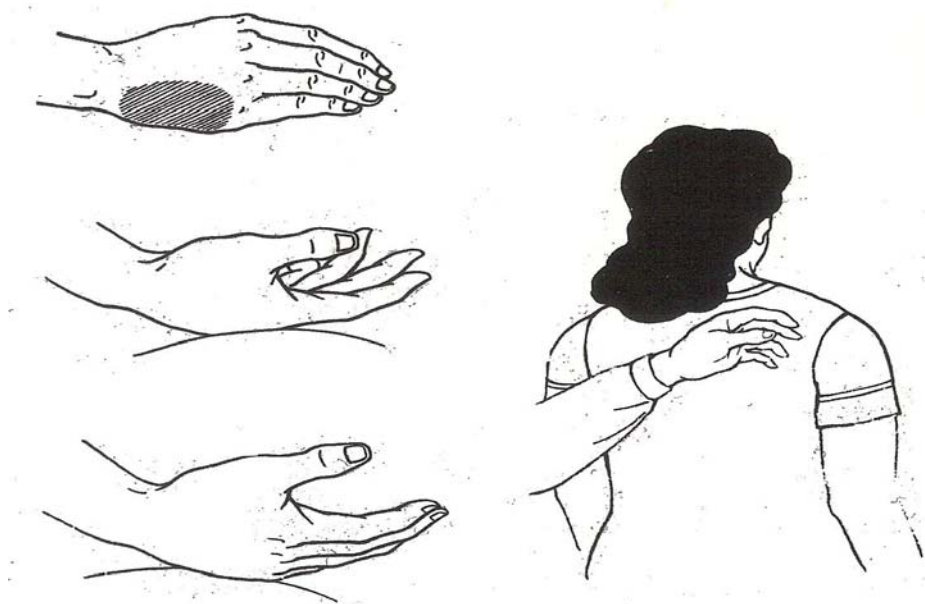
Gun Fa (Rolling Fist)

Technique Application

- Dorsal surface of hand rolling back and forth on the treated area where the fifth metacarpal joint remains in contact with the acupuncture point.
- The practitioner's posture must remain upright with their hand, wrist, elbow and shoulder relaxed.
- 120- 160 repetitions per minute. Be consistent in pressure and speed.
- The action is smooth and round. There should not be any jerky movements.

Action: warms the meridian, removes blood stasis, circulates Qi and expels wind cold.

Indication: Reduces swelling, relieves spasm and pain, relaxes tendon, ligaments and joints, relieves neck and frozen shoulder problems, lumbar prolapse and sciatica.



Source:(Xiangcai.X, 2002)

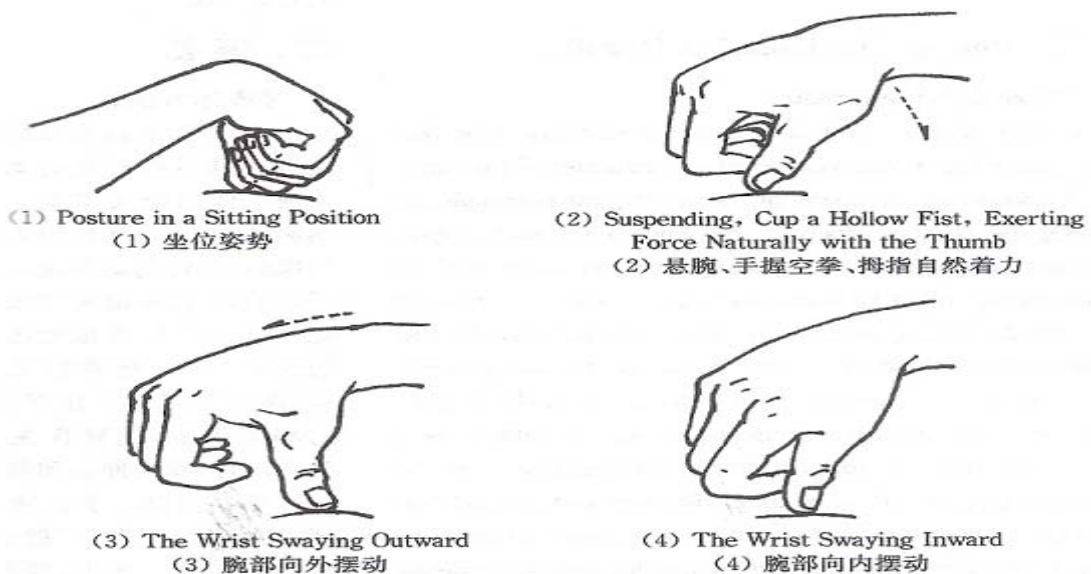
Yi Zhi Chan (One finger Meditation)

Technique Application

- Thumb supported by a loose hollow fist. Place the index finger against the thumb for extra support.
- With the thumb fixed on acupuncture point use your forearm to propel the thumb back and forth so that your thumb repeatedly moves into extension and flexion at the phalangeal joint.
- Hand, arm, elbow and shoulder must remain relaxed. Time allocation is approximately one minute on each acupuncture point.
- Yi Zhi Chan and Tui Fa are often combined on the neck.
- Repetitions are done in a rocking motion with the thumb between 120-160 times per minute. Less repetition means deeper stimulation of acupuncture point.
- To strengthen or tonify the point provide light and gentle stimulation.
- To clear or reduce, provide strong stimulation over acupuncture point.

Action: Activates acupuncture points specific function, calms the shen, regulate Yin/Yang and Wei system, circulates Qi and blood, strengthen the spleen and stomach.

Indication: Menstrual and digestive conditions, respiratory problems, remove food stagnation, traumatic injuries, opens the chest, headaches, migraines and dizziness.



Source:(Hongzhu.J, 2000)

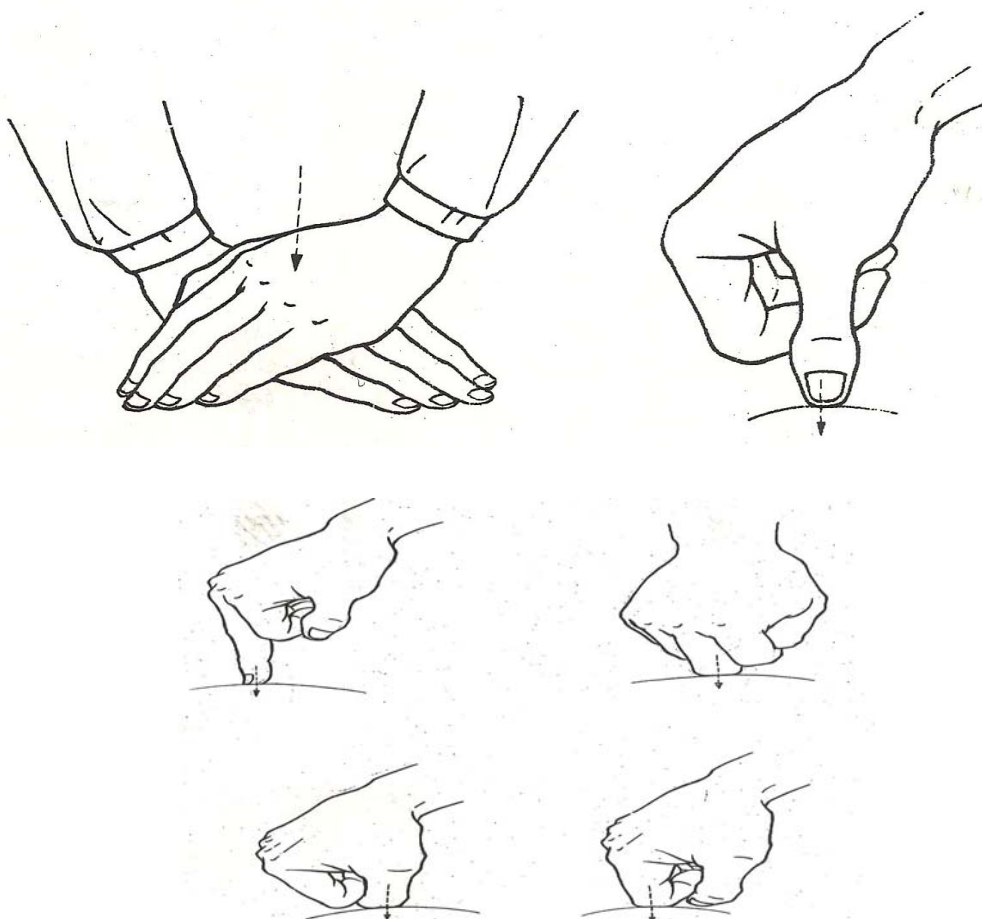
An Fa (Pressing)

Technique Application

- A downward pressure from light to heavy and superficial to deep using the fingertips, thumb or heel of the hand over particular acupuncture points and associated region being treated.
- Start lightly and increase pressure slowly. Continue pressure for approximately five minutes. A dull aching sensation means the point has been stimulated.

Action: Removes blockages, regulates function of the zangfu, moves blood and Qi and calms the shen.

Indication: Stops spasms and pain, numbness of the limbs, herniated discs, headaches, migraines and insomnia.



Source:(Hongzhu.J, 2000)