

Tuina

Introduktion



1. PUSHING

Pushing can be performed with the palm, thumb or forearm. The body is behind the action, pushing forward with a strong force and returning lightly

Areas of Use:

Can be applied to a large number of areas.

Effects:

- Acts at the tendino-muscular level
Moves Qi And Blood
Warms and dredges channels and collaterals

Intention/Image:

Apply pressure to reach the desired depth in the muscle tissue

Push from the center of the body creating a wave of qi and blood that moves ahead of your palm/thumb/forearm

Like ironing clothes

Practice Areas:

PALM PUSHING

Back

Sides Of Legs Forearm

FOREARM PUSHING Back

Sides Of Legs Trapezius Forearms

THUMB PUSHING Many Areas



2. PRESSING

Pressing can be performed with the thumbs, fingers and various parts of the palm, elbow, forearm, etc. Pressing can be light or heavy, starting light and progressing deeper.

Areas Of Use:

Anywhere on the Body.

Palm Pressing: Abdominal Area

Base Of Palm: Large, Thick, Muscular Areas (lumbo-sacral region) Elbow:
Deep, Heavy Stimulation

Finger: Channel Points

Knuckle: Channel Points, Deeper Stimulation; Resuscitation

Effects:

Disperses local stagnation

Relaxes spasm

Resuscitation

Apply to Channel Points for Acupuncture-Like Effects Removes Channel
Obstructions

Intention/Image:

Slowly sink into the tissue to the desired level

Can either concentrate the Qi or disperse it outward from the point of
contact Like letting your hand sink into a pillow

Practice Areas:

Back of legs DIGITAL PRESSING

ST 36 (ZU SAN LI)

LU 1 (ZHONG FU) ELBOW

GB 30

PALM PRESSING Back

Sacrum

Back Shu Points

Ba Laio Points

GB 21 (JIAN JING)

LI 11 (QU CHI) to LI 9 (SHANG LIAN)

Buttock Area KNUCKLE

KID 2 (RAN GU), SP 4 (GONG SUN), LI 4 (HE GU)

to LI 16 (JU GU)

to ST39 (XIA JU XU)



HAMMERING

Rhythmic percussion with a loose fist.

Areas of Use:

Large Muscle Areas Sacrum

Effects:

Heaviest, but least precise percussive method Can go to level of bone

Breaks stagnation, Strongly moves Qi and Blood

Intention/Image:

Dropping the fist on the surface of the body to create strong vibrations that move outward from the point of contact

Like a sandbag falling to the earth

Practice Areas:

Back Sacrum



DREDGING/ DRAGGING

Dragging is performed by pressing downward into the tissues with the palm, thumb, fingertips or forearm. Once proper depth is reached, the contact surface is slowly pulled or pushed through the tissue with the intent of dispersing/ dredging or clearing the channels.

Areas of Use:

Thick muscle areas of the back, arms and legs. The yang surfaces of the head and body

Effects:

Dredges the channels

Strongly moves the Qi and Blood

Acts at the level of the muscles, but can go down to the bone

Intention/Image:

Use deep pressure to create a furrow that fills with qi and blood as you go forward Like dredging a river, or plowing a field

Practice Areas:

FINGERTIPS THUMBS

) Head

b) Between Ribs

a) Hua Tuo Jia Ji Points

b) Back - Bladder Meridian c) Yang Meridians of Head

CLASPED HAND PALM PUSH a)Erector Spinae

b) ITB - Gallbladder Channel



GOLDFISH/ ROCKING

Pushing rhythmically on one part of the body to create a wave-like effect in the whole body, resembling the waving of a fish's tail. A small or large amplitude may be used.

Areas of Use:

Anywhere on the body or the body as a whole may be rocked.

Intention/Image:

Create a rhythmic, directional, oscillating wave through the body Like a dog's hindquarters when it wags its tail

Relaxes tendons and muscles

Softens spasms

Disinhibits joints

Regulates qi and blood

Calms the mind and relaxes the nerves

Ribs

Sacrum

Hold spine

Hold feet

Legs

Rock patient like a ball (with arms clasped around legs)

SIMPLE ROLLING

hand is used like a cylinder to roll rhythmically over large muscle areas. The contact surface is the whole back of the hand. The action of rolling should be even and smooth in both directions with no jerkiness. The rhythmic action of rolling allows deep stimulation and penetration without aggravating inflamed tissues.

Areas of Use:

Especially on the back, buttock, thighs and shoulders.

Large muscle areas of the limbs

Effects:

- Acts at the level of the superficial muscles
- Moves Qi (Ying and Wei Qi) and Blood
- Separates adhesions in the muscles
- Warms the channels
- Relieves spasm and pain

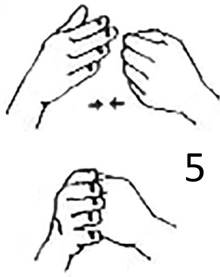
Intention/Image:

- Create a rolling wave that pushes forward and inward rhythmically
- Like rolling bread dough with a rolling pin

Practice Areas:

- Back
- Buttocks
- Back Of Leg
- Shoulder

10 wonder exercises



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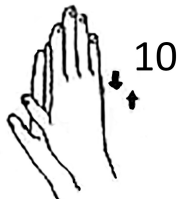
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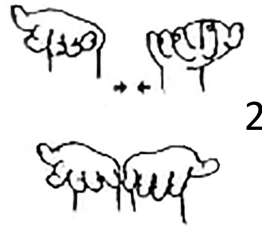
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10



1



2



3



4



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10 simple techniques to improve health

Each hand technique is done 36 times

In number 8 the earlobes are rubbed and pulled outwards 36 times.

In number 9 palms are placed in front of they eyes. Then the eyes are moved gently from the center to the sides - six times to each side. This is done three times on each side - totally 36 times

In number 10 the palms are rubbed lightly up and down many times.

Important points for practicing Qi Gong

1. Keep the head erect as though a thread suspends it.
2. Tuck the chin slightly to open Du-15 (Ya Men) and Du-16 (Feng Fu).
3. Sink the tailbone like a plumb line and relax the lower back.
4. Relax the waist and hips.
5. Round the upper back by gently pressing the shoulder blades forward.
6. Keep the chest slightly concave by softening the chest muscles.
7. Relax the shoulders and drop the elbows.
8. Press the tip of the tongue lightly to the roof of the mouth. This connects the Ren and Du meridians.
9. Breathe in a relaxed and unforced manner. The lower abdomen should expand with inhalation and empty slightly with exhalation.
10. Keep the mind relaxed but focused. Qi Gong

1. METAL (LUNG/ LARGE INTESTINE) EXERCISE
2. WATER (KIDNEY/BLADDER) EXERCISE
3. WOOD (LIVER/ GALLBLADDER) EXERCISE
4. FIRE (HEART/SMALL INTESTINE) EXERCISE
5. EARTH (SPLEEN/ STOMACH) EXERCISE

SAN JIAO:

6. PRESSING PALMS
7. TIGER PLAYS WITH BALL
8. ALTERNATING PALMS

9. *HOLDING THE 4 POSTS*

- EMBRACING THE MOON
- PUSHING THE MOUNTAIN
- TIGER POUNCES ON ITS PREY
- LOWER BASIN

NECK

Patient Seated

GRASP & KNEAD below occiput

GRASP the posterior neck, one side at a time

GRASP the trapezius muscle

FOREARM PUSH down the trapezius muscles from the neck to the shoulder while holding the head with one hand. Repeat on the other side.

ROUND RUB from the base of the neck through GB 21 (JIAN JING) to LI 16 (JU GU).

Gentle PLUCKING of the trapezius.

PALM EDGE HAMMERING on trapezius

UPPER LIMB

ROUND RUBBING with the thumb along the medial border of the scapula , and at the attachment of the levator scapulae

PRESS & ROUND RUB from the medial corner of the scapula up to the occiput.

PRESS/ROUND RUB SI 11 (TIAN ZONG)

PLUCK lightly the pectoral and latissimus dorsi muscles

GRASP posterior deltoid –pull towards anterior

GRASP anterior deltoid – pull towards posterior

GRASP the bicep and tricep muscles – be careful of Heart Channel

DIG & ROUND RUB the brachialis

KNEAD/GRASP forearm

WIPING yin side of forearm, and yang side of forearm

SINEW DIVIDING inter-osseous membrane between radius and ulna

WIPE the wrist crease of the palm and dorsum of the hand

ROUND RUB the thenar and hypothenar eminences

DIG with the thumb at LI 4 (HE GU)

KNEAD/ FOULAGE the fingers

*Can Add FOULAGE to arms at end of this section