

Tui Na

Tui Na is similar to massage. It is a technique used in Chinese medicine to manually manipulate the musculoskeletal system and help direct the flow of qi through the meridians. It translates literally Tui- Push and Na- Pull or grasp. The elements of the therapy itself can be traced back as far as the Shang Dynasty in 1700 BC. (The term "Tui na" is dated to the Ming dynasty which was from 1368-1644). It later evolved into a separate area of study at the Imperial Medical College and became more developed to include different schools of specialty.

There are several schools of training:

- Yi Zhir Chan Fa, which teaches one finger pushing, a form of acupressure used to treat internal diseases. One finger uses the tip of the finger or thumb to press points along the meridians. It originated sometime between 960 and 1279 and is used specifically to treat internal pediatric and gynecological diseases.
- Guen Fa teaches rolling therapy which works with the soft tissues and is focused on joint and muscular injuries. It was started in Shanghai during the 1920's and has become the most popular method of Tui Na. It is indicated for things such as contusions, sprains that exhibit bruising and swelling, torticollis, insomnia, migraines and headaches, high blood pressure, and impaired movement.
- Nei Gong, which translates to internal training, involves the practitioner transmitting qi to the patient through the hands for therapeutic purposes. Specifically, it is used to revitalize depleted energy systems.

- Pointing is another form of acupuncture work which was started in the martial arts training used by teachers to treat injuries and revive students.
- Bone setting which works with broken and dislocated bones. It is used to realign the skeletal, muscular, and ligament systems. It is not only specialized for bones, but also joint injury and nerve pain.
- Remedial pediatrics which is special training for working with children under the age of six years.

The therapy is usually performed by the practitioners hands and consists of physical pressing, tapping, and kneading. Work is done while the patient is fully clothed. The bodywork often reaches deep-tissue and is vigorous. Tui Na has been refined to the point of treating specific pathologies. In China, Tui Na practitioners are full doctors who have been given the same medical education, but practice only medical massage. Tui Na is one of the most popular treatment methods. Hospitals employ such doctors to treat patients who have such conditions as insomnia, hypertension, headaches, toothaches, gastrointestinal issues, muscle and joint problems such as tennis elbow.

There are eight methods listed in the treatment of traumatic injuries.

- Mo- palpating or kneading
- Jie- rejoining
- Duan- opposing
- Ti- lifting
- An- pressing
- Tui- pushing

- Na- grasping or pulling

These basic techniques are still used today.

A session usually lasts between 10 minutes to 1 hour. Contraindications of Tui Na include osteoporosis, infectious diseases, inflamed skin conditions, open wounds, sores or lesions, phlebitis, and compound fractures. The abdominal and low back areas are avoided when working on a woman who is either pregnant or menstruating.





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