

<<推拿手法教学示范>>

图书基本信息

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### 前言

Tuina , guided by the theories of traditional Chinese medicine , uses specific manipulations or massage tools to operate on certain areas or acupoints on the surface of the body.Tuina treatment can regulate the bodyS physiological and pathological condition to treat and prevent disease , improve health , and strengthen the body.As manipulations are the primary method of carrying out treatment , they are a core component of the study of Tuina , and are also the most difficult skills to master. In order to meet the requirements of Tuina education and to simplify communication with international medical massage professionals , this book lays stress on the analysis of the structure of traditional manipulations as well as the training of clinical skills.Video , text , and audio are combined to demonstrate the manipulations , and provide a complete education method while at the same time resolving the issue of how to study without the direct guidance of teachers. This book iS divided into two sections : the first introduces the definitions , lassifications , and requirements of each Tuina manipulation , as well as common Tuina media ; the second describes the main points , cautions , and clinical application of he most common adult manipulations.

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### 内容概要

This book is divided into two sections: the first introduces the definitions, classifications, and requirements of each Tuina manipulation, as well as common Tuina media; the second uses images and text to describe the main points, cautions, and clinical application of the most common adult manipulations. The combination of illustrations and text makes this book appropriate for the majority of Tuina professionals and amateurs. The author of this book has also recorded and produced the demonstration video 'Tuina Manipulations' to be used for study.

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章节摘录

1 Manipulation Classification There are many ways to classify Chinese Tuina manipulations : according to the morphological characteristics , area of treatment , direction of force , target patient,etc.Presently, most scholars classify manipulations according to the morphological characteristics of the movement.Following the principles of this classification method allows US to divide all of the basic manipulations into the following six categories.

- Swinging Manipulations Manipulations in which action initiated by the forearm causes the wrist joint to perform side to side swinging movements are classified as swinging manipulations.Some examples are one-finger pushing meditation , rocking , kneading , etc.
- Rubbing Manipulations Rubbing manipulations include those that involve friction between the practitioners hand and the surface of the recipients body.For example , rubbing , scrubbing , pushing and twisting.
- Vibrating Manipulations In this category of manipulations specific muscular activity on the part of the practitioner creates an obvious sensation of vibration in the subcutaneous tissue of the recipient. Examples include vibration , shaking , etc.

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