

Chinese Tuina Therapy 中醫推拿療法

Chinese Tuina is one important component of Traditional Chinese Medicine (TCM) and is also an important clinical subject in TCM.

Tuina was also called massage in ancient times and the term Tuina was first seen in the Ming Dynasty. The word Tuina (pin yin: tuī ná) [推拿] is formed with two Chinese characters: tui [推] and na [拿]. **Tui** means ‘push’ and **Na** means ‘grasp’. It summarises the key element of this distinctive manual therapy - practitioners primarily use their body parts, such as palm, wrist, thumb, finger, elbow, knee, foot and so on to conduct **Tuina manipulations**, various forms of movements, on the body as well as on muscles, tendons, ligaments, and joints, sometimes aided by massage tools, to stimulate positive energy and to treat and prevent diseases/injuries.

Chinese Tuina is a therapeutic approach guided by the theory of Traditional Chinese Medicine and employs the same principles and methods of diagnosis as acupuncture. Tuina has the purpose of preventing and treating diseases/injuries by means of applying therapeutic manipulations to certain points or surface parts of the human body, to regulate physiological and pathological conditions. The acting principles of Tuina are to balance yin and yang, regulate the zang-fu (internal organs), dredge the meridians and promote circulation of qi (positive energy) to activate blood-flow. Its therapeutic effect is decided by the selection of locations and points being treated and the quality and quantity of the applied manipulations through reducing or reinforcing methods.

Tuina can be used as a versatile therapy on its own, but it is usually part of all round treatment, together with other TCM therapies such as acupuncture, cupping, or moxibustion, to achieve optimal results. Tuina treatments also incorporate auxiliary therapies such as herbal ointment/oil for massage, medicated hot compress so as to expand its clinical application range and strengthen its clinical therapeutic effects. Apart from its curative usage, Tuina has consistently been seen, from ancient days, as massage therapy for relieving stress and promoting general health.