



## What Chinese Tuina can help

Chinese Tuina is an external therapy guided by the theories of TCM including yin-yang, five elements, zang-fu (internal organs), meridians, qi (positive energy), blood, and body fluid. It is an effective alternative to people who is a needle phobic and not in favour of acupuncture treatments.

A Tuina treatment comprises of examination, diagnosis, and treatment of diseases/injuries, using the four diagnostic methods of inspection, auscultation & ofaction, inquiring, and palpation, and combining modern medical knowledge in anatomy, physiology, and biochemistry of the human body.

Tuina Therapy can help with many kinds of medical conditions, including:

### **Pain conditions and musculoskeletal disorders**

Sciatica, trapped nerve, back pain, joint pain, tennis elbow, frozen shoulder, carpal tunnel syndrome, plantar fasciitis, sprain injury, facial pain, dental pain, stiff neck, cervical spondylosis, postoperative pain, fibromyalgia, peripheral neuropathy, osteoarthritis

### **Gynaecological disorders**

Irregular menstruation, pre-menstrual syndrome (PMS), dysmenorrhoea, menopausal syndrome, overweight, breast cysts

### **Emotional disorders / Mental health**

Stress, insomnia, over-thinking, depression, anxiety, panic attacks

### **Internal disorders**

Irritable bowel syndrome (IBS), diarrhoea, constipation, overactive bladder, indigestion, epigastria pain, nausea, chronic fatigue syndrome (CFS), headache, migraine, oedema, rheumatoid arthritis, multiple sclerosis (MS)

### **Other health disorders**

Post stroke rehabilitation, hemiplegia, post trigeminal neuralgia, facial paralysis

## Contraindications

A Tuina treatment must be carried out with cautions and care. Treatment must not be conducted under below circumstances:

- Areas with open wounds or is bleeding
- All kinds of fracture in early stage
- Local areas with dermatosis
- Any conditions with haemorrhagic tendency
- Any conditions with acute infection
- Critical condition of heart, brain, liver, kidney, and other viscera
- For women during menstruation and pregnancy, strong stimulations should not be applied on abdominal and lumbosacral areas.