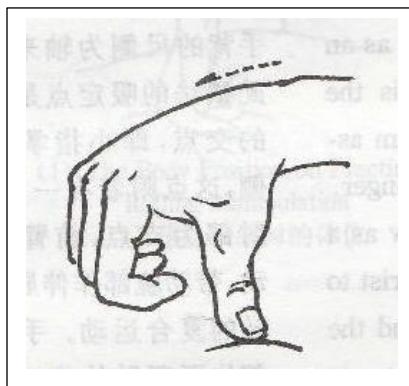


## Tuina Manipulations

There are more than twenty-five kinds of manipulations in Tuina Therapy and some of the manipulations also have various forms of movements. Below is some of the commonly-used Tuina Manipulations for adults.

### Pushing Manipulation with one-finger (Yizhichan tuifa)



#### **Characteristics:**

- small touching area
- great penetrating force
- used for points on body

#### **Clinical effects:**

Relieving pain of headache, stomachache, abdominal pain, joint & tendons & bones pain

### Rolling Manipulation (Gunfa)



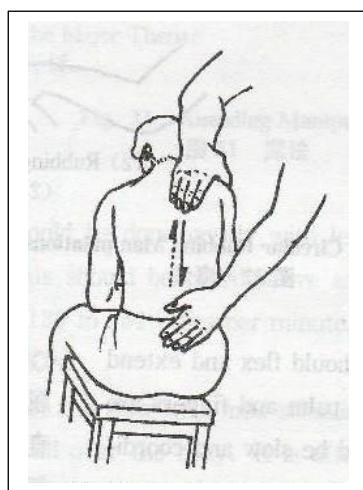
#### **Characteristics:**

- large touching area
- great pressure
- used for areas with thick muscles

#### **Clinical effects:**

Relaxing muscles, relieving spasm, promoting circulation

### To-and-from Rubbing Manipulation (Cafa)



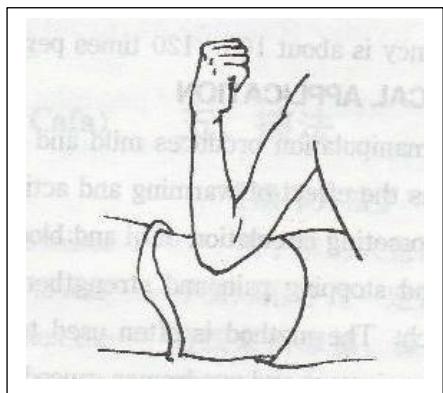
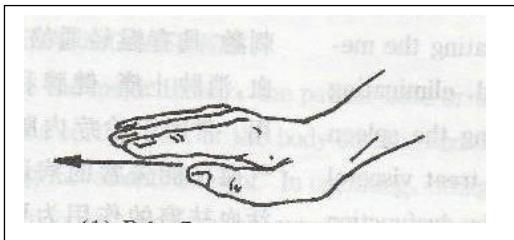
#### **Characteristics:**

- Conducted with palm, hypothenar, or major thenar
- Produces mild and warm stimulation
- Lubricating oil or medicated ointment required preferably
- used for any areas

#### **Clinical effects:**

Warming, activating meridians, promoting circulation of qi and blood

## Pushing Manipulation (Tuifa)



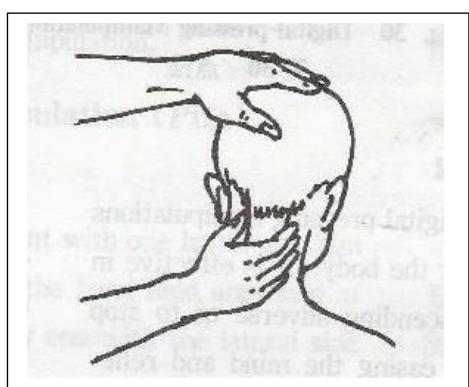
### Characteristics:

- Conducted with finger, palm, or elbow
- Finger, palm, or elbow should attach closely to body surface
- Lubricating oil or medicated ointment required preferably
- Steady, slow, even speed

### Clinical effects:

Increasing muscular excitement, promoting blood circulation, relaxing tendons, activating meridians

## Grasping Manipulation (Nafa)



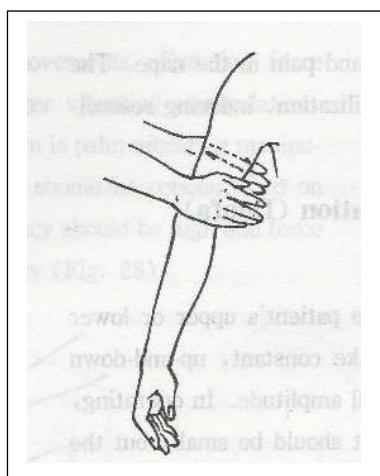
### Characteristics:

- Use the thumb with the index and middle fingers or other four fingers to lift and pinch certain operated parts of points of the body rhythmically with opposite force
- Operation is even, slow, and coherent
- Applied to neck, nape, shoulders, limbs

### Clinical effects:

Dispelling wind and cold, relieving pain, relaxing tendons, dredging meridians

## Palm-twisting Manipulation (cuofa)



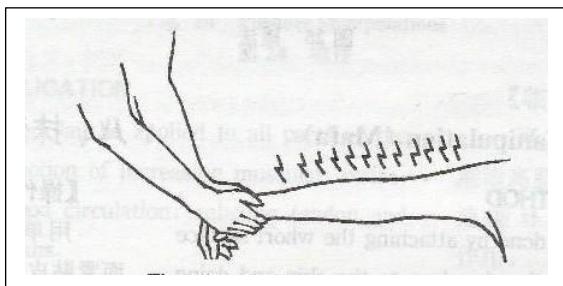
### Characteristics:

- Holding a certain part of body with both the palms, exerting force oppositely and doing swift, two-way twisting and kneading movements repeatedly.
- Both hands move up and down
- Applied to back, lumbus, hypochondrium, and limbs
- generally used as an ending manipulation

### Clinical effects:

Relaxing muscles & tendons, dredging meridians

## Shaking Manipulation (doufa)



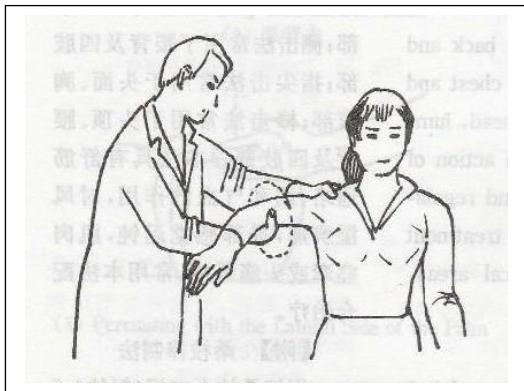
### Characteristics:

- Hold the distal end of patient's upper or lower limbs with both hands and make constant, up-and-down trembling movements
- Range of shaking movement should be small, but the frequency should be great
- Used on limbs, especially on upper limbs
- generally used with palm-twisting as an ending manipulation

### Clinical effects:

Relaxing muscles & tendons, dredging meridians

## Rotating Manipulation (Yaofa)



### Characteristics:

- Hold the distal end of patient's upper or lower limbs with both hands and make constant, up-and-down trembling movements
- Range of shaking movement should be small, but the frequency should be great
- Used on joints of limbs, nape, and lumbus

### Clinical effects:

Easing stiffness, extending movements of joints, lubricating joints, improving function of activity

