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Foot Shaoyin Kidney Meridian; Hand Jueyin Pericardium Meridian; Hand Shaoyang Sanjiao Meridian; Foot Shaoyang Gallbladder Meridian; Foot Jueyin Liver Meridian; Du Mai; Ren Mai; Everyday Exercises; Day 5 Commonly Used Shu Xue (Acupoints), Part I; Everyday Exercises Day 6 Commonly Used Shu Xue, Part II Everyday Exercises; WEEK 2; Day 1 Commonly Used Shu Xue, Part III; Commonly Used Extraordinary Non-Meridian and Non-Vessel Points; Everyday Exercises; Day 2 Subject 3 - Common Diagnostic Methods for Tui Na; Examination of the Upper Extremities; Shoulder; Elbow; Wrist and Hand; Everyday Exercises; Day 3 Examination of the Lower Extremities; Hip; Knee; Ankle and Foot; Everyday Exercises; Day 4 Examination of the Torso; Neck; Back and Lumbar; Everyday Exercises; Day 5 Examination of the Neurological System; Sensory Responses; Myodynamia (Muscular Strength) Reflexes Everyday Exercises; Day 6 Anatomy of Normal Bones and Joints under X-rays; Basic X-Ray Images of Bone and Joint Diseases; Basic X-Ray Findings of Bone Lesions; Basic X-Ray Findings of Joint Lesions; Everyday Exercises; WEEK 3; Day 1 Tui Na for Adults; Subject 1 - Tui Na Maneuvers; Pressing; Point Pressing (Acupressure); Intense Pressing; Everyday Exercises; Day 2 Rubbing; Kneading; Thenar Kneading; Foulage; Everyday Exercises; Day 3 Twiddling; Pushing; Scrubbing; Precautions; Everyday Exercises; Day 4 Smearing; Scattering Sweeping; Grasping; Shaking; Everyday Exercises Day 5 Lateral Striking with Palms Clapsed Pecking; Patting; Plucking; Everyday Exercises; Day 6 Rotating; Back Carrying; Rolling; Everyday Exercises; WEEK 4; Day 1 Subject 2 - Tui Na Treatment for Adults; Clinical Manifestations; Diagnosis and Differentiation; Key Diagnostic Criteria; Differential Diagnosis; Treatment; Treatment Based on Pattern Differentiation; Self-Preventional Methods; Precautions; Muscle Tension Headache; Treatment; Headache Due to the Common Cold; Treatment; Everyday Exercises; Day 2 Hypertension; Clinical Manifestations; Diagnosis and Differentiation; Treatment Self-Preventional Methods

Sommario/riassunto

Traditional Chinese tui na, one of the earliest medical treatment methods with a long history tracing back to ancient times, is an important component of traditional Chinese medicine (TCM). This book is compiled with the aim of popularizing tui na modality along with allowing readers to understand and master the fundamental theories, basic techniques, commonly used acupoints and parts, and diagnosis and treatment methods of diseases in a relatively short period of time. The book is a summary of clinical experiences of tui na with practical contents and detailed illustrations, which can be easi
