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Note generali	Includes index.
Nota di contenuto	CONTENTS; Preface to the Second Edition; WEEK 1; Day 1 A Brief History of Tui Na; Day 2 Fundamental Knowledge of Tui Na; Subject 1 - The Mechanism behind the Effects of Tui Na Therapy; The Effect on Skin Tissues; The Effect on Muscles; Enhancing the Recovery of Joint Injuries; Adjusting Anatomic Displacement; Improving Blood Circulation; Promoting Digestion; Regulating the Nervous System; Improving Mood; Everyday Exercise; Day 3 Subject 2 - Meridians, Collaterals, and Acupuncture Points; Subject 2 - Meridians, Collaterals, and Acupuncture Points; Twelve Regular Meridians Eight Extraordinary VesselsEveryday Exercises; Day 4 Circulation Pathways of the 14 Meridians and Vessels; Hand Taiyin Lung Meridian; Hand Yangming Large Intestine Meridian; Foot Yangming Stomach Meridian; Foot Taiyin Spleen Meridian; Hand Shaoyin Heart Meridian; Hand Taiyang Small Intestine Meridian; Foot Taiyang Bladder Meridian; 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;
Foullage; 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
