



Tui-Na Chinese Massage

The Chinese word Tui-Na translates into “Push-Grasp”, or “Poke-Pinch”. Tui-Na is a massage-style treatment that incorporates acupressure in order to bring the body into balance, and has been used extensively for over 2,000 years.

Techniques such as brushing, kneading, rolling/pressing and rubbing can be used to open the body’s “defensive” (wei) chi—to remove blockages and move the energy in both the meridians and the muscles. The body’s self-healing response is triggered by removing blockages and increasing the free flow of chi.

Other techniques include tapping, range of motion, traction, and acupressure point stimulation, using fingertips, knuckles and palms to treat a variety of conditions, both acute and chronic in nature.

Some of the ailments that can be successfully treated with Tui-Na include, but are not limited to: musculo-skeletal disorders, muscle pain, chronic stress-related disorders, digestive, respiratory and reproductive disorders.

Tui-Na can be used as a treatment in and of itself, just like a Western massage, but is most often used in conjunction with other treatments.

Contraindications:

Tui-Na is **not** recommended when these conditions exist:

- Compound fractures
- External wounds
- Open sores or lesions
- Phlebitis
- Infectious conditions, such as hepatitis

It is also contra-indicated for these conditions:

- The abdominal area of a woman during her menses, or during pregnancy
- Malignant tumors
- Tuberculosis

Treatment sessions can last from 10 minutes to an hour, depending on whether it is used alone or in conjunction to other modalities.
