

<<简易按摩图解>>

图书基本信息

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作者：金宏柱

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译者：韩丑萍

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内容概要

This book introduces easy to administer tuina methods for 66 common diseases. There is a Chinese saying that states , sharp tools make good works; this edition , with colored illustrations , aims to serve as a sharp tool for those who prefer to deal common conditions using tuina manipulation.

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章节摘录

插图：Tuina manipulations are used by practitioners to prevent and treat conditions using hands or other body parts over the treatment area. The quality of tuina manipulation is vital to ensure the effect of the treatment. Effective manipulations need to be lasting, forceful, even, soft, and penetrating to dredge meridians, circulate qi and blood, lubricate joints and regulate the functions of zang-fu organs. The practice of tuina involves moving technique and increased force of the fingers, wrist and arm. Beginners can practice on a sandbag first and then on the human body. For sandbag practice, one needs to prepare a muslin bag sized in 8 cun x 5 cun containing clean yellow sand (small pieces of sponge can make the sandbag more elastic). Tighten the bag at first and gradually loosen it. After that, one can start to do comprehensive practice on the human body, such as head, face, neck and nape, arms, legs, shoulder and back, low back and buttocks, chest and hypochondriac region, and abdomen. In addition to manipulation techniques, tuina practitioners should also practice increasing the force of fingers, wrist and arms by doing push-ups, dumbbell raises and pinch meter. Furthermore, they should practice improving coordination through Yi Jin Jing and Shao Lin Nei Gong.

1. Rolling (Gun) manipulation Operation: With naturally-bent fingers and a relaxed shoulder, place the dorsal aspect of the 5th metacarpophalangeal joint over the treatment area and roll the hypothenar and dorsum of hand back and forth continuously.

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