



## Tui Na Chinese Medical Acupressure

### *Basic Health Boosting Acupressure Sequence* *Certificate Student*

*This treatment uses a combination of rolling method, one finger pushing, and grasping, kneading, vibration, pinching, and plucking. Knowledge of these Tuina techniques is required to be able to perform this routine. All or parts of the instruction below may be incorporated into your regular work to facilitate the primary therapeutic session.*

Appropriate duration, Appropriate pressure, Appropriate rhythm, and Gentleness

**Patient lies on back – no pillow**      Settle client on plinth

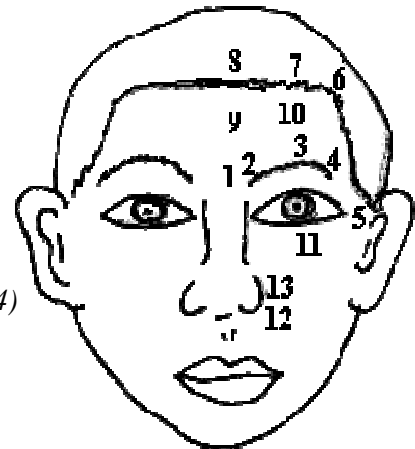
Squeeze (*Nie Fa*) legs from ankle to thigh  
 Rotate (*Yao Fa*) of Hip and traction afterwards.  
 Squeeze (*Nie Fa*) arm from wrist to shoulder  
 Shaking (*Dou Fa*) - of right and left arm  
 Hold (*Nian Fa*) arms behind head

### **Seated behind patient: The Neck Stretch**

Gentle pull on neck – place **P-08** of your strong hand under **Du-15** of patient.  
 Support with other hand, wait for “Dural pulse” at least 2 minutes  
 Finger lift at Occipital – 30 seconds  
 Pull neck to left push **right shoulder** with right hand, support under head with opposite hand.

Press (*An Fa*)                      **GB-20**  
 Knead (*Rou Fa*) along neck with finger pads  
 Press (*An Fa*)                      **GB-21**

Repeat for **left shoulder**



### **Facial Rejuvenation Acupressure**

Press (*An Fa*) **Yin Tang** (1)  
 Press (*An Fa*) **UB-02** (2), **Yu Yao** (3), and **SJ-23** (4)  
 Circular Knead (*Mo Fa*) (very gently) **Tai Yang** (5)  
 Press (*An Fa*) **St-08** (6), **GB-15** (7), **Du-24** (8)  
 Press (*An Fa*) **Extra 9** (9), **GB-14** (10)  
 Press (*An Fa*) **St-02** (11), **LI-20** (12), **Bi Tong** (13)

### **Arm**

Press (*An Fa*) **LI-04**  
 Knead (*Rou Fa*) the palm and Spread the metacarpals,  
 Hold-Twist (*Nian Fa*) fingers  
 Knead (*Rou Fa*) up posterior forearm  
 Knead (*Rou Fa*) up anterior forearm  
 Grasp (*Na Fa*) **LI-11, HT-3, and rotate arm**  
 Knead (*Rou Fa*) up biceps and triceps  
 Grasp (*Na Fa*) **SJ-14, LI-15** – (*apply traction by holding wrist*)



### **Leg sequence** (*lying on back*)

Press **K-01, Sp-03,**  
Knead **Liv-03**  
Grasping **K-03 and UB-60**  
Press **Sp-06, Sp-09, Sp-10,**  
Press **GB-34 St-36,**

Lift leg and bend the knee and dredge the gastrocnemus UB Channel.  
Vibrate the belly of the gastrocnemus. Clasp hands together and pluck the length of the gastrocnemus.

### **The Abdomen**

Gently rub abdomen with the heel of palm in clockwise direction along the Large Intestine.

Vibrating over the stomach.

Press **Ren-04, and St-29** (*locate Ren-02 first*)

Vibrating **Ren-06, and St-25 and Sp-15**

Vibrating **Ren-12 and St-21**

Vibrating over the stomach.

**The Back** Patient lies on stomach, Can be done through, vest, t-shirt, thin sheet.

### **Standing on right side of plinth**

Rock body, (*wide amplitudes and slow rocking*)

Circular Kneading to warm the back

Kneading with palm on Bladder Meridian down both sides

Holding-Twisting Press and stretch opposite shoulder and pelvis

Rolling over trapezium and back muscles

### **Head of plinth**

Spread upper back (Scapula)

Check for Qi stagnation (trigger points).

Knead Knuckle the upper part of the UB meridian line

Knead Knuckle (single finger) down neck and out over **GB-21**

Knead thumb **UB-11 to UB-31**

### **Side of plinth**

Knead with thumb Lumbar region, then up to upper back

Striking (Chopping, cupping)

Patting (hollow fist)

Scrubbing Warm the **Du-04** “Fire at the Gate of Vitality”

Gentle Pushing over entire back.

Rock the back to finish