



Chinese Tuina Acupressure Prevents Muscle Injuries & Boosts Performance!

Regular Tuina Acupressure can prevent muscle injuries, boost performance, and extend the life of your career - but how and why?

Stretching

Tuina Acupressure can stretch tissues that could not be stretched in the usual methods. Bundles of muscle fibres are stretched lengthwise as well as sideways. Tuina Acupressure & Tuina Acupressure can also stretch the sheath or fascia that surrounds the muscle, so releasing any tension or pressure build up

Pumping fluids

The stroking movements in Tuina Acupressure suck fluid through blood vessels and lymph vessels. By increasing the pressure in front of the stroke, a vacuum is created behind. This is especially important in tight or damaged muscle tissue as a tight muscle will squeeze blood out like a sponge, depriving the tissues of vital nutrients and energy to repair.

Increased tissue permeability

Tuina Acupressure causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through. This helps remove waste products such as lactic acid and encourage the muscles to take up oxygen and nutrients which help them recover quicker.

Break down scar tissue

Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments. This can lead to inflexible tissues that are prone to injury and pain....

Improve tissue elasticity

Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Tuina Acupressure & Tuina Acupressure helps reverse this by stretching the tissues.

Opens micro-circulation

Tuina Acupressure does increase blood flow to tissues, but so does exercise. What Tuina Acupressure also does is open or dilates the blood vessels and by stretching them this enables nutrients to pass through more easily

Your Local Practitioner:



Benefits & Effects of Tuina Acupressure

Chinese Tuina Acupressure should play an important part in the life of any sportsman or woman whether they are injured or not. Tuina Acupressure has a number of benefits physical, physiological and psychological.

Tuina Acupressure will:

- Maintain the body generally in better condition.
- Prevent injuries and loss of mobility.
- Cure and restore mobility to injured muscle tissue.
- Boost performance.
- Extend the overall life of your sporting career.

Physical effects are:

- **Pumping** - The stroking movements in Tuina Acupressure suck fluid through blood vessels and lymph vessels. By increasing the pressure in front of the stroke, a vacuum is created behind. This is especially important in tight or damaged muscle tissue as a tight muscle will squeeze blood out like a sponge, depriving the tissues of vital nutrients and energy to repair.
- **Increased tissue permeability** - Deep Tuina Acupressure causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through. This helps remove waste products such as lactic acid and encourage the muscles to take up oxygen and nutrients which help them recover quicker.
- **Stretching** - Tuina Acupressure can stretch tissues that could not be stretched in the usual methods. Bundles of muscle fibres are stretched lengthwise as well as sideways. Tuina Acupressure can also stretch the sheath or fascia that surrounds the muscle, so releasing any tension or pressure build up.
- **Break down scar tissue** - Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments. This can lead to inflexible tissues that are prone to injury and pain.
- **Improve tissue elasticity** - Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Tuina Acupressure helps reverse this by stretching the tissues.
- **Opens micro-circulation** - Tuina Acupressure does increase blood flow to tissues, but so does exercise. What Tuina Acupressure also does is open or dilate the blood vessels and by stretching them this enables nutrients to pass through more easily.



Physiological effects are:

- Pain reduction - Tension and waste products in muscles can often cause pain. Tuina Acupressure helps reduce this in many ways including releasing the bodies endorphins.
- Relaxation - Muscles relax through heat generated, circulation and stretching. Mechanoreceptors which sense touch, pressure, tissue length and warmth are stimulated causing a reflex relaxation.

Psychological effects are:

- Anxiety reduction - through the effects mentioned above relaxation is induced and so reduces anxiety levels.

Invigorating - if Tuina Acupressure is done with brisk movements such as what would be done before an event then this can produce an invigorating feeling.

