

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

**STUDENT INTERACTIVE
WORKBOOK**

**SESSION 10: Chinese Massage
(Tui Na) 2 : Self-Massage and
Partner Massage for common
ailments**

Learning outcomes :

- 1. Apply Self-Massage using Techniques of Tui Na Chinese Massage on your self for general Qi Stagnation (health promotion)**
- 2. Apply Self-Massage using Techniques of Tui Na Chinese Massage on your self for headache**
- 3. Apply Self-Massage using Techniques of Tui Na Chinese Massage on your self for sinusitis**
- 4. Apply Self-Massage using Techniques of Tui Na Chinese Massage on your self for lower back pain and sciatica**
- 5. Apply Self-Massage using Techniques of Tui Na Chinese Massage on someone else (and potentially yourself) for sprained ankle**

GENERAL Qi Stagnation Routine

Standing Full version :

1. Knocking at the gate of life
2. Adapt to upper body (knocking at gate of life)
3. I'm a little teapot – Press GB 25. Take 3 breaths here.
4. Rubbing on GB 25 and all over side of ribs
5. Knocking down GB channel of legs – 3 times top to bottom
6. Rubbing (Ca Fa) through clothing (no oil) up and down the yin channels of the inside of the legs.

Seated Mini version:

1. Knocking (hitting method) Shoulders to wrists – LI and SJ Channels – Do 1-2 x down each arm (repeat sides)
2. Pat on back - Wrist to opposite elbow to support elbow and push back as far as you can into SI channel behind shoulder blade. Patting with cupped hand over Trapezius , Rhomboids and over top of shoulder blade – supra spinatus muscle
3. From Upper back to shoulder change to Digital Striking (bird pecking method) and work down the SI , SJ and LI channels of the arm again. Rotate your own hand from pinky up, flat and then thumb up to access the 3 yang channels in order of SI , SJ and LI
4. Repeat step 2 and 3 on the opposite side
5. Shake out both wrists , arms and then rotate shoulders as you body/situation allows you to at the time
6. Holding hands at the fingers, Raising both arms above the head, take 3 breaths here and on the third breath lower both arms to a 90deg position
7. Take both arms behind the back and using the chair to help you press your knuckles into either side of the spine take a few

moments to press into the Hwato Points of the lower back (either side of the spine) or the bladder channel if you move the hands slightly out away from the spine.

Qi Stagnation relates to which Element?

Which channels /organs ?

Self-Massage using Techniques of Tui Na Chinese Massage for HEADACHE

1. Identify the location of the headache
2. Start with basic routine and adapt for the headache location

BASIC ROUTINE:

1. **Upper body seated routine – as much as you are able to do.**
2. **If the headache is throbbing at the time you may apply a hot pack to the top of your head or on the neck during this seated routine. It may also help to go into a darker place away from bright lights**
3. **NECK :**
 - **Self-grasping on the neck –**
 - **Move into kneading on the neck up the GB and BL channels of the neck**
 - **Using the thumbs into GB 20 , apply kneading and pressing, bilateral at first then unilateral using your own**

neck leaning into the point on each side to increase the pressure to what feels appropriate.

- **Wipe-press the points of your head through your hair – this is fairly random and can focus on the areas that are the most sensitive.**

Add the points according to the headache location:

SHAOYANG HEADACHE – Side of the head

GB Channel – GB 21 (coat hanger or digital striking), GB 25 on waist (teapot) , GB 34.

SJ Channel – SJ 5 Waiguan pressing

Can combine with distal points according to the Dr Tan balance method learned in previous lesson.

JUEYIN HEADACHE – Top of head – usually a dull ache headache

GB 34 Yanglingquan

Liv 3 Taichong

Sp 6 Sanyinjiao

YANGMING HEADACHE – Forehead (can also be a sinus headache)

- Add forehead wiping,
- Corner of forehead – St 8 – pressing / wiping
- LI 4 Hegu
- St 36 , St 34 on the legs
- St 44 also good on the foot but this is not a point we covered in the previous point location classes

Self-Massage using Techniques of Tui Na Chinese Massage for Sinusitis/ Sinus Headache:

Start with the headache routine

Then :

1. Pressing down either side of the nose – move through 2 points Bitong (extra point) and LI 20
2. Directly under the pupil when staring straight ahead, find the stomach channel. Press perpendicularly St 2 and St 3
3. Moving lateral again the next channel is Small intestine with 1 point directly under the Maxilla/ Corner of the zygomatic arch – in a depression under the bone. Press and /or press-knead SI 18
4. Returning to the nose, focus again on Bitong the extra point at the bridge of the nose.

By this stage there should be some relief of the sinus pressure and sometimes blowing the nose to get some mucus out

5. Yintang – in between the eyes /eyebrows, use squeezing in an upward direction
6. BL 2 – both points at once using both your thumbs
7. Wiping across eyebrows , Stopping to press points at Yuyao (centre of the eyebrows) and SJ 23 at the lateral end of the eyebrow
8. End with gentle pressing and press-kneading at TaiYang on the temples.

Massage using Techniques of Tui Na Chinese Massage for self-treatment /relief of lower back pain and sciatica

1. Identify the location of the Channel that is mostly affected by your pain:

Bladder channel – pain more central to the spine , down the back of the legs, hamstrings, calves

Gall Bladder channel – more hips, side of legs

Stomach Channel – groin pain (can be other channels but most commonly sciatica -referred groin pain can be treated by St Channel)

NOTE THE Pain may involve multiple channels.

2. Start with the Standing Qi Stagnation routine and stop at the seated upper body part. Complete as many steps as you are able to.

3. If the pain is debilitating and you cannot do any steps from standing qi stagnation routine, use the Dr Tan Balance method to treat the most sore 'sick channel' with distal points only.

4. After the Standing Qi Stagnation routine, keep standing and find something to lean against – a wall, a door or something solid and flat. Can be done lying on the floor (flat and firm surface not a puffy bed) or lounge chair.

a. Use your knuckles to press into the points of the lower back as shown in the demonstration

- Covering points on BL channel of lower back and sacrum and GB 30

Use pressing and press kneading. Try various items that may be used to help press into the points as per class demonstration.