

Tui Na



Tui Na (tūi ná) literally translates to "push pull", dates back to over 1700 years ago. It is a form of acupressure, massage, and bodywork that uses many manipulative therapy that is applied to acupressure points, channels and muscle groups. Tui Na incorporates techniques that are similar to Western and Asian massage, chiropractic, osteopathic, and western physical therapy. Tui Na uses a variety of hand techniques and passive and active stretching to restore correct anatomical musculo-skeletal relationships, neuromuscular patterns, and to increase the circulation of Qi and Blood to remove biochemical irritants. Acupuncture points may be selected to rebalance and harmonize the flow of Qi and Blood through the organ meridians in order to facilitate healing and prevent further injury. One of Tui Na's advantages over simple massage is its ability to focus on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system. It's especially effective for joint pain such as arthritis, sciatica, muscle spasms, and pain in the back, neck, and shoulders. It also helps chronic conditions such as

insomnia, constipation, headaches, including migraines, and the tension associated with stress. As with other styles of Asian bodywork, Tui Na is designed to prevent problems, not just correct them. By keeping the body's energy in balance, health is maintained. This is true not just for physical health, but for mental and emotional health.

What conditions are appropriate for Tui Na?

Any musculoskeletal disorder may benefit from Tui Na. This includes shoulder problems, joint pain, back, hip, thigh, knee, lower leg and ankle disorders. Tui Na is appropriate for both acute and chronic pain.

Do I need to be hurt to benefit from Tui Na?

Of course not!

Although Tui Na may be used for any musculo-skeletal problem, it is a great bodywork modality for the maintenance of optimal health and the prevention of disease.

How should I prepare for a Tui Na treatment?

As Tui Na does not usually apply any oils or use mechanical devices, it is not necessary to undress during a session. You will be asked to wear loose slacks such as gym pants/slacks and a light, natural fiber T-shirt or blouse, or you may bring the above clothing and change when you arrive.

We also request that you arrive neither too hungry nor too full (i.e.: if one is hungry, they should eat; if one is full, they should digest). If you are coming immediately after work, it would be appropriate to have a small snack mid-afternoon, or a hour before arriving.

How often and how many Tui Na treatments are necessary?

This varies greatly, depending primarily on the concern and condition of the patient. If the concern is acute, one to three treatments, as soon as possible, are often sufficient to resolve the pain and improve flexibility. If the problem is chronic, treatment on a weekly, twice monthly, or monthly schedule may be advised.

If your primary concern is maintenance of health and prevention of illness, We will usually suggest treatment on a monthly basis for maintenance and preventative treatment.