



Tui Na (tuina) - Chinese Bodywork Massage Therapy

Tuina (Tui Na) is an Oriental Bodywork Therapy that has been used in China for 2,000 years. Tuina (Tui Na) uses the traditional Chinese medical theory of the flow of Qi through the meridians as its basic therapeutic orientation. Through the application of massage and manipulation techniques Tuina (Tui Na) seeks to establish a more harmonious flow of Qi through the system of channels and collaterals, allowing the body to naturally heal itself.

Tuina (Tui Na) methods include the use of hand techniques to massage the soft tissue (muscles and tendons) of the body, acupressure techniques to directly affect the flow of Qi, and manipulation techniques to realign the musculoskeletal and ligamentous relationships. External herbal poultices, compresses, liniments, and salves are also used to enhance the other therapeutic methods.

Tuina (Tui Na) is now being popularized in this country as a powerful therapeutic extension of traditional western massage methods. Tuina's (Tui Na) simplicity and focus on specific problems, rather than a more generalized treatment, make it both an excellent alternative and/or extension of the Swedish-style massage. By utilizing treatments of shorter duration, it can be used in a variety of settings, including home, office, clinic or hospital. It is well suited for both the professional massage therapist or the active, health conscious individual.

Currently, Tuina (tui na) is taught as a separate but equal field of study in the major traditional Chinese medical colleges. Tuina (tui na) doctors receive the same demanding training as acupuncturists and herbalists and enjoy the same level of professional respect.

Benefits, Limitations, Contraindications

Tuina (tui na) is well suited for the treatment of specific musculoskeletal disorders and chronic stress-related disorders of the digestive, respiratory and reproductive systems. Effective treatment protocols have been tested in a practical setting. Tuina (tui na) is not especially useful for those seeking a mild, sedating and relaxing massage since it tends to be more task focused than other types of bodywork. Contraindications include conditions involving fractures, phlebitis, infectious conditions, open wounds, and lesions.