

Notes on Tuina Techniques

- I. Techniques
 - a. tui – push
 - i. use thumb (pad, tip, side), palm, knuckles, elbow
 - ii. moderate to heavy pressure
 - iii. relieves stagnations, clears obstructions
 - iv. drains excesses
 - b. na – grasp
 - i. use 2, 3, or 5 fingers
 - ii. light to heavy pressure
 - iii. relieves stagnations, clears obstructions
 - iv. stimulates acupoints
 - v. supplements or drains
 - vi. oscillating technique
 - c. an – press
 - i. use thumb, knuckles, palm, fist, elbow
 - ii. light to heavy pressure, slow pace
 - iii. relieves stagnations, clears obstructions
 - iv. stimulates acupoints
 - v. drains excesses
 - d. mo – wipe or rub
 - i. use thumbs, fingers, palm
 - ii. light to moderate pressure, slow to moderate pace
 - iii. through skin to surface of muscle (does not penetrate muscle)
 - iv. mild warming
 - v. calms and relaxes, following stronger stimulation
 - vi. reorganizes and harmonizes qi
 - vii. towards periphery, top to bottom
 - e. circular mo (see mo above)
 - i. increases local qi flow
 - ii. relieves stagnations
 - iii. relieves cramping
 - f. tien – penetrate
 - i. use thumbs, knuckles, elbow
 - ii. heavy pressure, slow pace (in at levels, out)
 - iii. through skin & muscle, to bone
 - iv. relieves stagnations, clears obstructions
 - v. drains excess
 - vi. rearranges musculoskeletal fascial planes
 - g. mot – brush
 - i. use thumbs, palms, fingers
 - ii. quick pace (2x that of mo) and light pressure (does not penetrate skin)
 - iii. relieves stagnations
 - iv. supplements
 - v. finishes treatment (restores awareness after draining treatment)

- h. tsa – chafe
 - i. use thumb, palm (flat and sides)
 - ii. rapid back and forth motion, friction on surface
 - iii. moderate pressure
 - iv. draws qi and blood to surface
 - v. relieves stagnations, clears obstructions
 - vi. warms the jingluo
 - vii. supplements
 - viii. cold related problems, low back pain, cramps
- i. pok – strike, slap
 - i. use fingers, back of fingers, crane’s beak, palms, cupped hands, fists
 - ii. light (fast) to heavy (slow) pressure, rhythmic percussion
 - iii. relieves stagnations, clears obstructions
 - iv. supplements or drains
 - v. often used to stimulate discharge of phlegm from the lungs
- j. tao – raise up and down (linear passive joint movement)
 - i. gentle, smooth, rhythmic
 - ii. relieves stagnation
 - iii. extends range of motion
- k. yao – rotate joints (circular passive joint movement)
 - i. gentle, smooth, rhythmic
 - ii. relieves stagnation
 - iii. extends range of motion
- l. cha – wring (squeezing and drawing – arms & legs)
 - i. moderate and continuous
 - ii. relieves stagnations, clears obstructions
 - iii. drains excess
 - iv. increases circulation
 - v. rearranges musculoskeletal relationships
- m. niem – pinch
 - i. use fingers or mid-finger joints
 - ii. light pressure, slow (on acupoints) or quickly (relieves tension, stimulates circulation)
 - iii. supplements
 - iv. stimulates acupoints
- n. chien – circle
 - i. use thumb
 - ii. medium to heavy, steady, circular, focused pressure
 - iii. stimulates acupoints, channels, or structures
 - iv. increases qi flow
- o. rolling
 - i. use back of hand
 - ii. good for larger areas, starting a treatment
 - iii. circulates qi and blood
 - iv. heaviest oscillating method

- p. finger springing
 - i. use finger or thumb
 - ii. light to moderate pressure
 - iii. good for smaller areas, acupoints, channels
 - iv. oscillating at about 160 reps / min
- q. kneading
 - i. light – light pressure with hypothenar surface of palm and side of thumb
 - ii. moderate – penetrates (no friction) with entire surface of palm
 - iii. heavy – heavy with palm heel (2-3 lighter, then 1 heavier)
 - iv. oscillating method
- r. traction
 - i. pulling or counter-balanced extension with sustained force across a joint
 - ii. restores correct anatomical position

Compiled by Brian C. Allen, MSTOM
from notes taken during various classes