

# Hands on Tui-Na Techniques

## Regulation by Opening and Activating Sinews, Stabilizing Spasms, Releasing Wind at Head Along with Upper Blocks

### I) Fingers

- Thumb = neutral
- Index finger = tonifies on physical level
- Middle finger = disperses on physical level
- Ring finger = tonifies on psycho-spiritual level
- Pinky = disperses on psycho-spiritual level

### II) Strategy

- Work from medial to lateral
- Head to feet
- Back to front

### III) Facial/Head Strokes (each done 9 times)

- 1) From anterior hairline along Du Mai to occiput
- 2) From Du Mai laterally to ears
- 3) From center of forehead to GB-3
- 4) Along eyebrows/supraorbital ridge
- 5) Along infraorbital ridge
- 6) From forehead to Ren-24, encircling face
- 7) From forehead to SI-18, to Ren-24, encircling face
- 8) Above and below lips at the same time, in opposite directions
  - After 9 strokes, alternate direction (if upper lip done from left to right, do right to left)
- 9) From LI-20 to Ren-23, then lift

#### IV) Occipital and Shoulder Strokes

- 1) From behind, support patient's jaw with four fingers
  - Then rock their head back as you dig into GB-20/Bl-10 with your thumb, moving the thumb down to Du-14 the farther back the head goes
- 2) Press in with thumb at GB-20/Bl-10, and move slowly down to LI-15
- 3) From where clavicles articulate with the sternum, move thumbs with heavy pressure to LI-15
- 4) For tension headache, move thumbs with heavy pressure from Du-14 to St-12
  - *These strokes diffuse and drain stagnation and/or Wind into axilla*

#### V) Back Strokes

- 1) An (moving press) back medial to lateral, top to bottom
- 2) Fishing Pole Grab along spine
  - Make like you're grabbing a fishing pole, and dig proximal phalanges/interphalangeal joints into the spaces between the spinous processes
- 3) Tui downward along spine
- 4) Tui outward from spine, top to bottom
- 5) Tui Yang aspect of arms from shoulders to hands
- 6) Tui from axilla to hips
- 7) Nie Jing-well points

#### VI) Chest Strokes

- 1) Tui laterally out from midline, top to bottom
- 2) Tui along midline from top to bottom
- 3) Tui from nipples to 11<sup>th</sup> ribs
- 4) Tui from midline to 11<sup>th</sup>/12<sup>th</sup> ribs
- 5) Tui Yin aspect of arms from shoulders to hands

#### VII) Sacrum and Leg Protocols

- 1) At sacrum, feel for nodules and Dim them
  - Then Tui this area

- 2) Tui medial, then lateral aspect of posterior legs
- 3) Tui medial, then lateral aspect of anterior legs
  - *You can do the whole leg at one shot, or first the upper half, then the lower*
- 4) Nie Jing-well points