

Pre- & Post Work-out Message

I) Sinew Tx Strategy

- 1) Relax sinews from tightness and pain
- 2) Invigorate Qi and Blood

II) Methods

- 1) An – to relax and stabilize
- 2) Cha – in a relaxed manner (like shooting marbles), not as vigorously as when dispersing
- 3) Pak – slowly!
- 4) Nie – if you want to invigorate
- 5) Cha – quickly to disperse
- 6) Pak – quickly to disperse

III) Application

- 1) use methods on Ahshi points
- 2) on Shu-stream points to support Wei and Ying-Qi
- 3) entire meridian and jing-will points to release pain
- 4) Confluent points to address the whole meridian
 - GB-13, GB-22, SI-18, Ren-3
- 5) Xi-cleft points for acute conditions
- 6) GB-34
- 7) SJ-4 – yuan-source point affecting all Shu-stream points

IV) Nature

- 1) Use appropriate strokes and points
 - Wind – use Bl-10; GB-20
 - Cold – LI-4; Lu-7
 - Damp – Sp-6; St-40
 - Heat – LI-11; SJ-5
- 2) Excess = acute condition; injury
- 3) Deficiency = long-term condition; chronic

V) Pre-Workout Massage Principles

- 1) Tx principle:
 - Stimulate Wei and Zong-Qi
 - These qi support sinews
 - You want to bring these to the surface

- 2) Stimulate root of Qi
 - From Yang-Leg meridians to Yang-Arm meridians
 - From Tai Yang → Shao Yang → Yang Ming
 - DON'T stimulate Yin meridians
 - They bring energy inward
- 3) If nervous, stimulate extra points
 - Yin Tang
 - Tai Yang
 - Anmian
 - Use thumb and press
 - Neither tonify or disperse

VI) Pre-Workout Massage Application

- *Should be short and invigorating*

LEG

- 1) Slowly pull each toe, ending in a snap
 - Then rotate them
- 2) Gun (you can use the “flap” version of this stroke), Chai, then Tui Yang aspects of feet and legs, moving upward from feet
- 3) Nie dorsum of foot around Shu-stream point area to stimulate Yang

ARM

- 1) Slowly pull each finger, ending in a snap
 - Then rotate them
- 2) Put patient's hand on your shoulder, then Tui Yang aspect of arm
- 3) Nie dorsum of hand around Shu-stream point area with hand hyperextended
- 4) Position the patient's arm outward so you can get to their underarm
 - Grasp tightly, then slowly pull out skin of the axilla, ending in a snap
 - Good for cancerous tumors and diaphragmatic constriction

TORSO

- 1) An Ren-3 to sternum, preferably keeping time with patient's breath
- 2) With a circular stroke outward from the midline, connect Ren-17 and GB-22

VII) Post-Workout Massage Principles

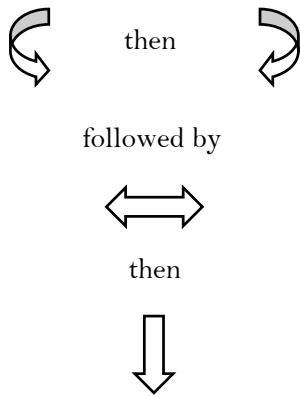
- 1) Tx principle
 - Stimulate Kidney-Yang to restore lost Wei-Qi
 - Stimulate Spleen-Yang to help metabolism

- Work from above → below
- Work from medial → lateral

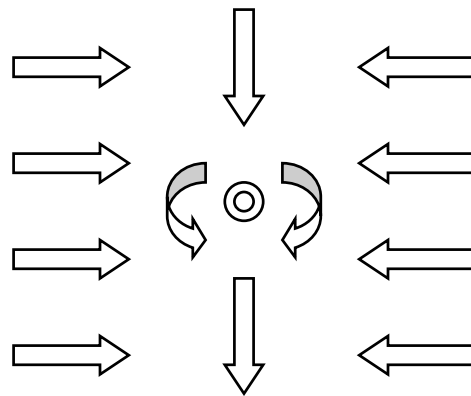
VIII) Post-Workout Massage Application

- *Should be a little longer and deeper*

- 1) Softly Tui Du-14 and back of neck to St-12 to bring back Wei-Qi
- 2) An St-12 to Ren-22
 - Weight training compromises the energetics at Ren-22
- 3) With laced fingers Tui in the following directions around and about Ren-17:



- 4) With laced fingers, Tui in the following directions around and about the navel:



5) **Tui regional zones of activity**

- Ex.: if person is a runner, do the 3 Yin channels of the leg