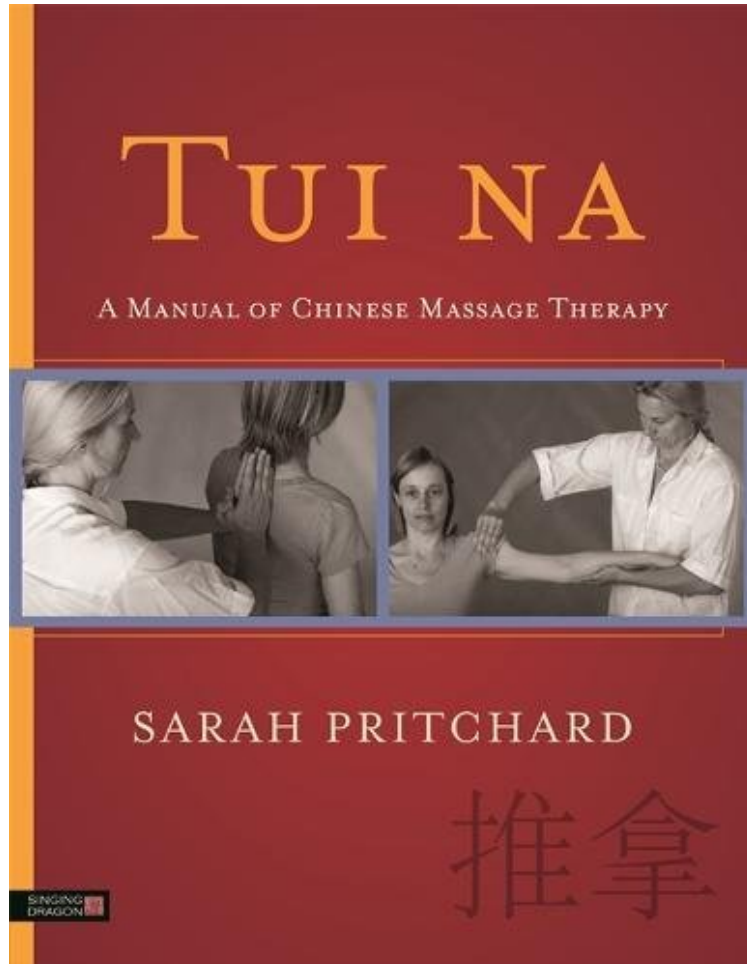


[Free download] Tui na: A Manual of Chinese Massage Therapy

## Tui na: A Manual of Chinese Massage Therapy

*Sarah Pritchard*

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#1307658 in Books 2015-05-21 2015-05-21 Original language: English PDF # 1 10.80 x .60 x 8.40l, .0 #File Name: 184819269X200 pages | File size: 49.Mb

**Sarah Pritchard : Tui na: A Manual of Chinese Massage Therapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tui na: A Manual of Chinese Massage Therapy:

11 of 11 people found the following review helpful. Good Explanation of Tui Na Massage By H. Ongaro This manual is well written and explains the various techniques and their uses nicely. I bought it because our Tui Na instructor had it as the required text for her class. Some of the names of the techniques are different than what the instructor learned and there are so many names given to every variation that it is sometimes difficult to remember the subtle differences in technique which go with each one. It's nice to have proper names for the techniques but these are not always the same as the instructor learned them and these seem to differ as much as the chinese dialects. Other than this minor complaint, I have found it very useful, easy to read, and understand. The pictures definitely help the description of each technique. There are good explanations as to what each Tui Na technique is useful for and the conditions helped by it. I would recommend this book for anyone attempting to learn and understand Tui Na. 2 of 2 people found the

following review helpful. Great textbook, easy to understand good value  
By Dwight B If you're a student in an Oriental Medicine program definitely purchase it. This is the textbook we currently use. The writing is done well enough to explain the subject of Tui Na in normal every day language. This was definitely written for a first year or for someone who is starting to get into Oriental Medicine.  
4 of 4 people found the following review helpful. Love this book  
By Cole Abplanalp I am a huge fan of Tui Na massage and this book is the most detailed one I have found thus far. It might help to know where the different qi points are and to have an understanding of the different channels. I feel this book has increased my skills greatly over the 2 years I have had it.

Tui na: The Chinese Massage Manual is a comprehensive and well established handbook for students and practitioners of Tui na in the West. The author describes the roots and development of Tui na, how it works therapeutically with the context of Chinese medicine, and how to become an effective Tui na practitioner. The book contains detailed and clearly illustrated descriptions of Tui na techniques, how to practice them, their clinical applications and therapeutic effects. Foundation area routines are provided to support the development and fluidity of manual skills and to give an initial structure for building treatments. The book has a unique approach to creating and planning Tui na treatments. Avoiding the prescriptive approach usually employed, the author discusses the principles of practice and enables the student practitioner to make choices and formulate treatments by bringing together their knowledge and skills. Frameworks are provided, and techniques, methods and approaches suggested for presenting patterns of disharmony within the treatment of common ailments. The book features - Over 120 photographs clearly illustrating the techniques - The application of the ancillary therapies of cupping, gua sha and moxibustion - The application of external herbal media - 'Tips for Practice' easy reference to support the learning of techniques - Case histories illustrating the treatment of common clinical ailments - Treatment foundation area routines - Yin and yang styles of practice - Demonstration of how to combine Tui na and acupuncture in practice - a related series of videos (available online) showing how to apply all the major techniques

About the Author Sarah Pritchard, Lic Ac., MBAcC. Dip Tui na (Nanjing) MRTCM, was one of the first Westerners to practice Tui na in the UK. She trained in both the UK and in Nanjing, China, and has been working as a professional Tui na practitioner and acupuncturist since 1994. She is the Tui na course co-ordinator and senior lecturer at the City College of Acupuncture, and the founder and director of Blackheath Complementary Health Centre, London. She is the chair and a founder member of the UK Register of Tui na Chinese Massage.