

# Tui Na

(Chinese therapeutic massage)

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Tui na (pronounced 'twee nah') is a form of Chinese manipulative therapy using stimulation of acupressure points and manipulations to treat both acute and chronic musculoskeletal conditions, as well as many non-musculoskeletal conditions in order to bring the body into balance.

When administering this hands-on-body treatment the practitioner may use brushing, kneading, rolling, pressing and rubbing motions to improve the body's immune function and increase the flow of energy and blood in both the meridians and the muscles. These massage techniques also help the body to remove blockages along the meridians of the body. Tui na is an integral part of Traditional Chinese Medicine (TCM) and has been used extensively in China for over 2,000 years.

Tui na has fewer side effects than modern drug-based and chemical-based treatments. It has been used to treat or complement the treatment of many conditions; musculo-skeletal disorders and chronic stress-related disorders of the digestive, respiratory, and reproductive systems.

In a typical Tui na session, the patient usually wears loose clothing and lies on a massage table. There will be a consultation where questions will be asked about the nature and location of the health problem as well as basic questions about general health, allergies and other existing conditions, the practitioner will concentrate on specific acupressure points, energy trigger points, muscles and joints surrounding the affected area.

**For further information or to book a consultation please call  
01283 516444**