

## 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