



TUI NA

'Tui Na' massage is one of the external therapeutic techniques employed by Traditional Chinese Medicine. Whether using bare hands or special tools, it exerts pressure on or rubs the body's acupuncture points. For people with no abnormal symptoms, Tui Na massage can strengthen the body's natural defensive energy leading to increased preservation of good health. In patients, it not only limits local symptoms (pain and swelling etc.) but it also accelerates functional recovery and the cure of symptoms. The indications for employing Tui Na massage after a medical referral are:

- > **Painful conditions: Headache, trigeminal neuralgia, toothache, chest pain, premenstrual syndrome.**
- > **Chronic conditions: Bronchitis, diarrhoea, arthritis.**
- > **Poor organ function: Irregular menstruation, stomach spasms.**
- > **Neurological conditions: neurasthenia, spasm of facial muscles.**
- > **Inflammations: Stomatitis, rhinitis, peri-arthritis of the shoulder, arthritis.**
- > **Acute conditions: High fever with convulsions, angina pectoris.**