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## Illustrations Of Tuina Therapy

By Jin Hongzhu , Lucy Dean & Han Chouping

Shanghai Science and Technology Press, 2009. Soft cover.  
 Book Condition: New. 185\*130mm. This book introduces easy to administer tuina methods for 66 common diseases. There is a Chinese saying that states; sharp tools make good works; this edition; with colored illustrations; aims to serve as a sharp tool for those who prefer to deal common conditions using tuina manipulation. Part A Commonly Used Tuina Manipulations 1 Rolling ;Gun; manipulation 2 Kneading ;Rou; manipulation 3 Circular rubbing ;Mo; manipulation 4 Rubbing ;Ca; manipulation 5 Pushing ;Tui; manipulation 6 Twisting ;Cuo; manipulation 7 Vibrating ;Don; manipulation 8 Pressing ;Ya; manipulation 9 Digital pressing ;Dian; manipulation 10 Pinching ;Nie; manipulation 11 Twirling ;Nian; manipulation 12 Grasping ;Na; manipulation 13 Patting ;Pal; manipulation 14 Tapping ;Ji; manipulation 15 Shaking ;Yao; manipulation 16 Pulling ;Ban; manipulation 17 Plucking ;Tan; manipulation 18 Pulling and stretching ;Ba Shen; manipulation 19 Pressing and kneading ;An Rou; manipulation 20 Grasping and kneading ;Na Rou; manipulation Part B Tuina Therapy for Common Conditions 1 Stiff neck 2 Cervical spondylosis 3 Acute lumbar sprain 4 Chroniclumbar muscle strain 5 Degenerative spondylitis 6 Transverse process syndrome of the 3rd lumbar vertebra 7 Herniation of the lumbar intervertebrai disc ;slipped disk; 8 Closed...



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### Reviews

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