

TuiNa - Frequently Asked Questions

Q What is the difference between massage and Tui Na?

A The goal of massage is to soothe the skin and muscles. TuiNa helps you to improve your vital energy by focusing on your twelve meridians and joint points.

Q I have arthritis in my hands which decreases my finger dexterity. Can I still perform TuiNa?

A Yes, you will use your palms in TuiNa, not always use your fingers. You can select the workable routines to perform.

Q I'm physically weak. Do I need much strength to perform TuiNa?

A No, just use palm movements with light pressure against the skin, following the specific path of the twelve meridians and joint points. For some routines, use your fingers with light pressure.

Q Can I perform TuiNa on a broken leg in a cast?

A Yes. TuiNa should help blood circulation in the leg, but refrain from touching the wounded area directly.

Q Can I perform TuiNa if I have been pregnant over two months?

A No, TuiNa is contraindicated in this situation.

Q Can I perform TuiNa if I have heart problems and a pacemaker?

A Yes, just use gentle pressure with your palms touching the skin, following the specific path of the twelve meridians and joint points. There should not be any adverse effects for a patient with pacemaker.

Q When performing TuiNa on others, where should I position myself?

A You may stand behind or next to the person, as long as you feel comfortable performing the routine without any awkward movements.

Q Can I perform TuiNa on a patient in a wheelchair or lying in bed?

A Yes.

Q Can I perform TuiNa when I am not sitting?

A Yes.

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Q Can I do partial routines of TuiNa instead of the complete set?

A Yes.

Q Can I switch the sequence of TuiNa routines?

A It is not recommended to change the sequence of routines, because TuiNa is related to Qi and blood circulation which are optimally improved with the established sequence of routines.

Q How many times can I do Tui Na each day?

A There are no limits to the number of times each day. As many as your body's stamina allows.

Q Can I perform TuiNa immediately after meals or after exercise?

A Please do not practice TuiNa immediately after meals; it is preferable to wait at least one hour after meals. You can, however, perform TuiNa immediately after exercising.

Q Can I perform TuiNa while in bed?

A Yes.

Q Can I use TuiNa to treat my chronic disease, such as arthritis, insomnia, or shoulder pain?

A TuiNa should help improve your condition if you persistently practice for a long time.

Q Can I use Tui Na to treat muscle spasms or cramps at night?

A TuiNa should help improve your condition if you persistently practice for a long time.

Q When can't we apply Tui Na?

A Don't apply Tui Na when one has compound fractures, open sores, phlebitis, or infectious conditions.