



Tui Na Therapeutic Massage Course

Recognised and Accredited by The Acupuncture Society

What is Tui Na?

Tui Na is one of the 'Four Pillars' of Chinese Medicine, alongside acupuncture, herbal medicine, and qi gong. It should not be confused with what is commonly referred to in the West as Acupressure, which is solely based on the use of pressure points.

It is more than just a massage system, with its roots firmly based in Chinese medicine theory. As such, it can be considered as a complete therapeutic system in its own right, with a versatility that allows for the treatment of:

- General relaxation and wellbeing
- Musculoskeletal conditions particularly pain conditions
- Neurological conditions – headaches, migraines, stress, anxiety, insomnia.
- Regulation and boosting of the immune system
- Internal medicine – including cough, cold, asthma, digestive disorders, gynaecological disorders
- Paediatric/Infantile disease

Additionally, Tui Na can be used as a system of self-treatment.

Who is This Course For?

Tui Na can certainly be used as a standalone discipline, and often is in many cases. However, it can be a powerful adjunctive therapeutic system when used in an integrated approach and combined with other therapies.

This course is ideally suited for, and geared towards existing healthcare professionals such as acupuncturists, osteopaths, physiotherapists, chiropractors, and sports therapists.

What Does This Course Offer?

This course provides teaching in: the main areas of Chinese medicine theory and diagnosis; anatomy and physiology for channel and point location and safe application of Tui Na; Tui Na manipulations and techniques; Protocols for clinical application of Tui Na.

Where is the Course Held?

Currently, the course will be run from our private clinic in Palmers Green, North London. However, if demand exceeds our capacity, we will run the course from an alternate venue.



EQUILIBRIUM
CHINESE MEDICINE

Course Syllabus

Day 1 & 2: Fundamental Theory of Chinese Medicine

- Yin/Yang; Five Elements; Vital Substances (Jing, Qi, Blood & Body Fluids)
- Zang-Fu Organ Theory

Day 3: Diagnostics of Chinese Medicine – Four Examinations

- Observation; 10 Questions; Sound & Smell; Tongue & Pulse Diagnosis

Aetiology & Pathogenesis of Disease in Chinese Medicine

- Internal/External; Four Levels; Eight Principals; Zang-Fu; Fluids

Day 4, 5 + 6: Anatomy & Physiology

- Musculoskeletal Anatomy; Cardiovascular; Nervous System

Acupuncture Channels, Points & Point Location

- 14 Channels; Common Points; Extra Points; Point Location & Function

Day 7 Introduction to Tui Na Massage

- History of Tui Na; Diagnosis and Physical Examination; Qi Exercises; Tui Na Lian Gong Exercises

Day 8, 9 + 10: Tui Na Manipulations

- Manipulations Part 1
- Manipulations Part 2
- Cautions and Contra-indications of Tui Na
- Cupping Therapy – Static Cupping, Moving Cupping, and Flash Cupping.

Day 11, 12 + 13: Clinical Applications of Tui Na

- Musculoskeletal
- Neurological
- Psychological
- Internal Conditions

Day 14: Course Review & Examinations



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Provisional Timetable 2024

Date	Topic
Sunday 7 th January	Chinese Medicine Theory Pt 1
Sunday 21 st January	Chinese Medicine Theory Pt 2
Sunday 4 th February	Chinese Medicine Diagnostics, Aetiology & Pathogenesis
Sunday 18 th February	Anatomy & Physiology
Sunday 3 rd March	Channels, Points & Point Locations Pt 1
Sunday 10 th March	Channels, Points & Point Locations Pt 2
Sunday 24 th March	Introduction to Tui Na, Tui Na Lian Gong, Qi Exercises
Sunday 7 th April	Tui Na Techniques & Manipulations Pt 1
Sunday 21 st April	Tui Na Techniques & Manipulations Pt 2
Sunday 5 th May	Tui Na Techniques & Manipulations Pt 3
Sunday 19 th May	Clinical Applications of Tui Na Pt 1
Sunday 2 nd June	Clinical Applications of Tui Na Pt 2
Sunday 16 th June	Clinical Applications of Tui Na Pt 3
Sunday 30 th June	Course Review & Examinations

For more information, including fees, please visit our website:
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