

Summary of Actions and Indications for Tui-na techniques



Techniques	Actions	Indications
<i>Yi-zhi-chan</i> , Single thumb	Regulates the Zang and Fu, promotes the flow of Qi, smooth's the tendons.	Various points of the whole body, usually at the neck, chest, abdomen and limbs.
<i>Gun-fa</i> , rolling	Invigorates the blood, smooth's tendons and joints, warms the channels and expels Cold.	Pain in the shoulders, trunk, back, and limbs, areas with thick muscles, Bi Syndrome, numbness in the limbs, hemiplegia, obstruction of joint movement.
<i>Rou-fa</i> , rotary kneading	Regulates the Ying and Wei, unblocks the Qi and blood, extends the chest and regulates Qi, eliminates food retention, resolves swelling and relieves pain.	Various points on the whole body. Tonifies deficiency and harmonizes other Tui-na techniques. Especially useful for deficiency patterns.
<i>Mo-fa</i> , touching skin and muscle	Harmonizes the middle Jiao Regulates the qi, removes accumulation, resolves stagnation.	Chest, abdomen and hypochondriac areas. Useful for constipation, diarrhea and food retention.
<i>Ca-fa</i> , rubbing	Warms the Channels, unblocks the collaterals and tonifies Yang.	Treats internal organ disorders or dysfunction of Qi and blood. Useful for Qi stagnation and Cold patterns with abdominal and lumbar pain.
<i>Tui-fa</i> , pushing	Relaxes the tendons, dissipates local stagnation, excites the muscles, and improves circulation of blood.	Various parts of the body, Bi syndromes. Useful for local Qi-blood stagnation and internal organ disorders.
<i>Cuo-fa</i> , Kneading	Regulates the channels and invigorates Qi and blood.	Chest, abdomen, waist, hypochondriac areas and limbs. Generally it is used at the end of the Tui-na treatment.
<i>Moo=f</i> a, Daubing or massaging	Opens the orifices, calms the spirit, awakens the brain, and benefits the eyes.	Head, face and neck. Especially useful for dizziness, Shen disturbance, headache, and stiff neck.
<i>An-fa</i> , pressing	Invigorates the blood and Qi and unblocks obstructions	Whole body, sore areas, painful joints. An-fa has a wide range of uses in virtually all cases of

Techniques	Actions	Indications
<i>Dian-fa</i>, Knocking	Opens obstructions, invigorates blood, relieves pain and balances Zang-Fu functions	Acupuncture points near bone sutures and thick muscles such as the gluteus muscles and lower limbs, and acute pain syndromes
<i>Nie-fa</i>, pinching (<i>Nie-fa</i> is known for regulating the spine and being free of side effects.)	Invigorates the blood and Qi and regulates the spleen and stomach.	Superficial tissues such as the head, nape of the neck, limbs, and epaxial areas of spine. Commonly used in pediatrics, digestive disorders, gynecology, and in geriatrics.
<i>Na-fa</i>, pulling	Expels wind and cold, relaxes the tendons, invigorates the channels.	Qi-blood stagnation of the neck, shoulders, and limbs.
<i>Nian-fa</i>, holding Kneading	Improves circulation in the channels, eliminate nodules and removes masses	Small joints of the limbs. Small joint pain, swelling or difficulty of movement due to vertebral disorders, arthritis and hemiplegia
<i>Dou-fa</i>, shaking	Regulates Qi and blood and smooth's the joints	Neck, limbs and lumbar area. Neck pain, shoulder arthritis or myositis, hip injury, and lumbar vertebrae protrusion.
<i>Zhen-fa</i>, vibrating	Invigorates the Yang Qi, eliminates accumulation, regulates the middle Jiao, balances the intestine-stomach functions	Chest, abdomen, and back. Digestive disorders, and local Qi-blood stagnation.
<i>Pai-fa</i>, patting	Invigorates the tendons, relaxes the muscles, regulates Qi, and invigorates blood.	Shoulder, back, waist, sacral area, posterior and anterior of lower limbs.
<i>Ji-fa</i>, beating	Regulates Qi and blood, extends the tendons, and improves circulation in the channels.	Numbness in the limbs, neck, or back due to IVDD, and muscle spasms
<i>Yao-fa</i>, rocking	Unblocks the channels and smooth's the joints	Major joints of the body. Used for rigid joints, partially immobilized joints and muscle spasms.
<i>Ban-fa</i>, wrenching	Corrects malposition's and smooth's the joints	Spine and limbs with joint malposition, rigid joints or dysfunction of the joints.
<i>Ba-shen-fa</i>, stretching	Stretches the tendons, regulates the channels.	Malposition of the joints and iniured tendons.

Actions	Tui-na Techniques
Tonification	Tonification is generally done with mild stimulation of long duration and high frequency. <i>Ca-fa</i> rubbing and <i>Rou-fa</i> rotary kneading tonify Zang and Fu.
Sedation	Most techniques are considered sedating when done with strong stimulation of short duration and low frequency. For example, <i>Yi-zhi-chan</i> and <i>Dian-fa</i> are used for deep pain and Qi-blood stagnation.
Regulation	<i>Yi-zhi-chan</i> single thumb regulates the Zang and Fu. <i>Rou-fa</i> rotary kneading regulates the Ying and Wei. <i>Mo-fa</i> touching skin/muscle harmonizes the middle jiao. <i>Zhen-fa</i> vibrating regulates the middle Jiao and balances the intestine-stomach functions. <i>Nie-fa</i> pinching regulates the spleen and stomach. <i>Cuo-fa</i> kneading regulates the channels. <i>Dou-fa</i> shaking, <i>Pai-fa</i> patting, and <i>Ji-fa</i> beating regulate the Qi and blood.
Invigoration	<i>Yi-zhi-chan</i> single thumb, and <i>Nian-fa</i> holding-kneading promote circulation in the channels and collaterals. <i>Gun-fa</i> rolling, <i>Cuo-fa</i> kneading, <i>An-fa</i> pressing, <i>Nie-fa</i> pinching, and <i>Pai-fa</i> patting invigorate the blood. <i>Rou-fa</i> rotary kneading unblocks Qi and blood stagnation. <i>Ca-fa</i> rubbing: <i>An-fa</i> pressing, and <i>Yao-fa</i> rocking unblock the collaterals. <i>Tui-fa</i> pushing, <i>Na-fa</i> pulling, and <i>Ji-fa</i> beating invigorate the collaterals. <i>Rou-fa</i> rotary kneading relieves pain. <i>Gun-fa</i> rolling, <i>Dou-fa</i> shaking, and <i>Yao-fa</i> rocking smooth the tendons and joints. <i>Yi-zhi-chan</i> single thumb smooth's the tendons. <i>Tui-fa</i> pushing: <i>Na-fa</i> pulling relaxes the tendons. <i>Pai-fa</i> patting invigorates the tendons and relaxes the collaterals.
Warming	<i>Gun-fa</i> rolling warms the channels and expels cold. <i>Ca-fa</i> rubbing warms the channels. <i>Zhen-fa</i> vibrating invigorates the Yang Qi. <i>Na-fa</i> pulling expels wind and cold.
Open the Orifices	<i>Moo-fa</i> daubing opens orifices, calms the spirit, awakens the brain and benefits the eyes.
Dispel Masses	<i>Tui-fa</i> pushing, and <i>Nian-fa</i> holding-kneading dissipate nodules and dispel masses.
Move Accumulation	<i>Rou-fa</i> rotary kneading eliminates food retention and swelling. <i>Mo-fa</i> touching skin/muscle, and <i>Zhen-fa</i> vibrating remove accumulation and drain stagnation.
Correct Anatomical	<i>Ban-fa</i> wrenching corrects malposition's and smooth's the joints. <i>Ba-shen-fa</i> stretching or drawing corrects the malposition of the joints.

Name of manipulation		Subdivision of <i>Tui-na</i> manipulation	
<i>Bai Dong Fa</i>	Swinging	<i>Yi-zhi-chan</i>	Single Thumb
		<i>Gun-fa</i>	Rolling
		<i>Rou-fa</i>	Rotary-Kneading
<i>Mo Ca Fa</i>	Friction	<i>Mo-fa</i>	Touching Skin and Muscle
		<i>Ca-fa</i>	Rubbing
		<i>Tui-fa</i>	Pushing
		<i>Cuo-fa</i>	Kneading
		<i>Moo-fa</i>	Daubing/massaging
<i>Ji Ya Fa</i>	Squeezing	<i>An-fa</i>	Pressing
		<i>Dian-fa</i>	Knocking
		<i>Nie-fa</i>	Pinching
		<i>Na-fa</i>	Pulling
		<i>Nian-fa</i>	Holding-Kneading
<i>Zhen Dong Fa</i>	Trembling	<i>Dou -fa</i>	Shaking
		<i>Zhen-fa</i>	Vibrating
<i>Kou Ji Fa</i>	Percussing	<i>Pai-fa</i>	Patting
		<i>Ji-fa</i>	Beating
Special manipulations for the passive movement of the joints		<i>Yao-fa</i>	Rocking
		<i>Bei-fa</i>	Carrying
		<i>Ban-fa</i>	Wrenching
		<i>Ba-shen-fa</i>	Stretching or drawing

This form was created from material taken from
Application of Tui-Na in Veterinary Medicine