汉英对照

推拿手法图解（第二版）

主编　沈国权　严隽陶

Chinese-English Edition

Illustration of Tuina Manipulations

(2nd Edition)

上海科学技术出版社

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内容提要 Content Summary

推拿是人类最早掌握的医疗方法之一，是一种无痛、无毒副作用、非损伤性、不介入人体的自然疗法，几千年来一直在人类的卫生保健事业中发挥着重要作用。推拿手法是推拿治疗的基本手段。本书收录了中外推拿手法200余种，是迄今同类书籍中收集较为丰富的。其中，矫正性手法在本书中占有重要地位，是本书的特色之一。本书以图为主，配以文字说明。对于一些操作较为复杂而临床较为常用的推拿手法，予以动态图描绘，以利读者理解掌握。

对于推拿初学者来说，本书文字浅显，绘图精确，易学易用；对于推拿专业人员来说，本书的手法分类体系和对手法的演变分析及最新介绍的国外推拿手法，也将给其带来裨益。

本书可供国内外推拿从业者、中医院校师生、外国留学生及推拿爱好者使用。

Content Summary

Tuina, one of the oldest therapies in the world, is a kind of natural therapy without pain, side or poisonous effect, injury or invasion of the body. It has been playing an important role in the healthcare services for the human beings for thousands of years. Manipulations are the basic procedures of *Tuina* therapy. The book collects more than 200 manipulations both at home and abroad, so it is a book with plentiful collection among the books of the same kind. Besides, the rectifying manipulations occupy an important place in it, and thus making it distinguished from other *Tuina* books. It takes figure as the main form, which is illustrated by words.

Content Summary

For *Tuina* beginners, it is easy to learn and use the manipulations for it is plain in words and meticulous in drawings; For *Tuina* practitioners, the classification and analysis of the evolution of the manipulations as well as the up-to-date introduction to foreign manipulations will also be of benefit to them.

The book should be helpful to *Tuina* practitioners at home and abroad, teachers and students of TCM universities and colleges, foreign students and non-professionals.

前言 Preface

推拿是人类最早掌握的医疗方法之一。经过几千年的曲折发展之后，这一古老的疗法又被人类重新认识，焕发出新的青春活力。人们深信，作为一种无痛、无毒副作用、非损伤性、不介入人体的自然疗法，推拿必将在人类的卫生保健事业中发挥更大的作用。

推拿手法是推拿治疗的基本手段。由于推拿手法本身是一种富于技巧的人体运动形式，很难以文字精确地加以描述，学习手法者也难以仅凭文字描述正确地理解手法操作方式及将此手法操作正确地表现还原。南辕北辙，以非为是者，大有人在。

作者从多年的教学工作中体会到，形象教学在推拿手法教学中远比理论教学更为重要，一幅简单的图片所包含的信息量远远超过一篇几百字的文章，故决定编撰推拿手法图解，以飨读者。同时为了更好地发挥现代电脑技术对教育方式和效率带来的进步，还决定出版该书的多媒体电子版本。

本书收录了中外推拿手法 200 余种，是迄今同类书籍中收集较为丰富的。其中的矫正性手法在本书中尤占有重要的地位，算是本书的特色吧。本书的编写以图为主，配以文字说明。对于一些操作较为复杂而临床较为常用的推拿手法，予以动态图描绘，以利读者理解掌握。为了不仅让中国读者了解国内推拿手法，也让国外同行了解中国推拿手法，本书采用了汉英对照排版。对于初学推拿者来说，本书文字浅显，绘图精确，在阅读上不致有什么困难。对于推拿专业人员来说，本书的手法分类体系和对手法的演变分析及最新介绍的国外推拿手法，也将给其带来裨益。

本书初版以后，蒙读者错爱，很快脱销，超出了作者和出版社的预料。此次借再版之际，对原书的部分章节进行了一些修正，增加了

编者近年来发展的脊柱微调手法。但因编者水平所限，其中的错误仍在所难免，望读者能予以进一步指正，并向广大读者表示感谢。

沈国权　严隽陶
2008 年 7 月

Tuina is one of the oldest therapies that human being has mastered. After tortuous development of thousands of years, this old therapy still radiates the vigour of its youth and is acknowledged again by mankind. It is firmly believed that, as a natural therapy without pain, side or poisonous effect, injury, or invasion of the body, Tuina will play a more important role in man's healthcare services.

Manipulation is the basic procedure of Tuina therapy. Since the manipulation is a kind of skillful movement on the body, it is difficult to be accurately described in words. And for the learners, it is also difficult to correctly understand and practise the manipulative manner only by means of reading books. There are plenty of such people who take wrong as right just like trying to go south by driving the chariot north in learning Tuina manipulations.

Dozens of years of practising and teaching experiences tell us that diagrams are more important than words in Tuina teaching. One simple diagram contains much more information than an article of hundreds of words. So we decide to compile this book to satisfy your readers. Meanwhile, we will also publish the multimedia electronic version of this book in order to bring the progress in the teaching mode and efficiency given by the modern computer technology into better play.

This book collects more than two hundred Tuina manipulations both at home and abroad. And so it is one of the manipulation books with plentiful collection up to now. Moreover, the rectifying manipulations occupy an outstanding role in this book, and thus making it distinguished from other Tuina books. We take diagram as the main form which is illustrated by words in our book. Some complicated but freguently used manipulations are illustrated in a series of diagrams in order to be easily understood by readers. The book adopts the form of Chinese-English edition in order to let readers at home and abroad to understand Tuina manipulations of China. For Tuina beginners, it is not difficult to read for it is plain in words

and meticulous in drawings. For Tuina practitioners, the classification and analysis of the evolution of the manipulations as well as the up-to-date introduction to foreign manipulations will also be of benefit to them.

After the publication of the first edition, the book has received preference from readers and has been out of stock, which is beyond the anticipation of the compilers and the publishers. On the occasion of publishing the second edition, we have modified some chapters of the first edition, and supplemented the spinal fine adjusting technique developed by the compilers in the recent years. Because the quality of compilation is limited by the level of the compilers' understanding, we are so expected that readers will make comments on mistakes in the book if there is any. Thank you!

Shen Guoquan Yan Juntao
July, 2008

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