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序 一

在人类回归自然的浪潮中，人们青睐自然疗法，不仅仅因为自然疗法可以避免化学药物所产生的毒副作用，或手术治疗所带来的创伤及并发症；在生活实践中人们已越来越多地体验到自然疗法的独特优势，有时往往为其他疗法无可比拟。中医学是当今世界上历史最悠久，体系最完整，疗效最显著的自然疗法。中医学是一个伟大的宝库，涵盖针灸、推拿、气功、药物等治疗手段，博大精深。继承祖国医学遗产，并将其发扬广大，造福民众，这是我国卫生事业发展的需要，也是时代赋予我们的历史使命。

推拿治病防病在我国已经沿用了数千年，历代医家积累了丰富的经验，也形成了系统的理论。施行推拿治疗疾病，除了需要有一定的理论和知识作指导外，更要有规范的技术，心灵手巧，方能手到病除。孔子在《论语》中倡导：“志于道，据于德，依于仁，游于艺。”德艺双馨方可尊为名医。然游于艺，绝非一日之功，需要潜心研究。昔陆游有诗曰：“古人学问无遗力，少年功夫老始成。纸上得来终觉浅，需知此事要躬行。”我校周信文副教授乃沪上推拿名医，治愈患者数以万计，40余年来颇有心得。今主编《推拿手法图谱》，倾注毕生心血，阐述其运用手法治病的体会，以冀惠泽四方，为提高我国推拿学术水平而奋斗。该书图文并茂，涉猎全面，每述一法皆把握其应用要点而予阐明，使读者心领神会，施之而手到病除。所论骨伤、内妇五官等病之治疗，多属经验之谈，理论与实践结合。该书还配以“汉英双解”，对推进中医药走向世界更是一大贡献。深信《图谱》面世，可卜纸贵洛阳。斯以为叙。

施杞

2006年中秋于上海中医药大学

Forewords I

In the trend that the mankind returns to the nature, people are fond of the natural therapies, not just because that the natural therapies can avoid toxic and side effects from the chemical medications or injuries and complications induced by surgery. In the life practice, people can increasingly experience the specific advantage of the natural therapies, which other therapies, sometimes can not be compared with. Chinese medicine is a natural therapy extant currently in the world, with longest history, comparatively complete physiotherapeutic system and most effective results. Science of Chinese medicine and pharmacy is a great treasurehouse, containing the extensive and profound therapeutic modalities of acupuncture therapy, massage therapy, qigong therapy and herbal medicine. To inherit and develop the heritage of Chinese medicine and make contribution to the mankind is a need in the development of health service in China and is also a historical task entrusted to us by the times.

The prevention and treatment of diseases by Chinese massage therapy have been applied for several thousand years in China. The medical practitioners in the successive dynasties had accumulated rich experience and also created the systematical theory. In the treatment of diseases by Chinese massage therapy, in addition to certain theory and knowledge, the standardized manual techniques are highly requested, and the diseases can only be eliminated by skillful hand. Confucius said in *The Analects of Confucius*: "By the doctrine, upon morality, with mercy sense, it can be free in the art." Famous medical practitioners can only be respected with their medical morality and arts. But, free in the medical arts cannot be achieved by efforts in one day and needs to be studied devotedly. Lu you said in his poem: "ancients were in pursuit of knowledge painstakingly, and achievement could only be obtained in the old age after efforts since teens. The knowledge was humble, once it was obtained from papers, it was necessary to know everything should be traced with efforts personally" Zhou Xinwen, a associate professor in our university, is a famous practitioner of Chinese massage therapy in Shanghai and has cured several ten thousands of the patients and has accumulated rich experience during the past 40 years. Today, he has compiled *Chinese-English Atlas of Chinese Massage Therapy* by his efforts in the whole life, to explain his personal experience in the treatment of diseases with his manual techniques, in order to benefit all practitioners and enhance the academic level of Chinese massage therapy. Excellent in photos and literal explanations, this book comprehensively expound each manual technique in the important points of the clinical application, in order for the readers to understand the techniques easily and to eliminate diseases immediately by their application. The discussion about the treatment of orthopedic, traumatic, internal, and gynecological and ENT diseases are all his personal experience obtained from combination of theory and clinical practice. This book printed in both Chinese and English language will make a great contribution to the globalization of Chinese medicine and pharmacy. I sincerely believe the publication of the book will be in great demand.

Shi Qi

Mid-Autumn, 2006, at Shanghai University of Traditional Chinese Medicine

序 二

推拿作为一门古老的学科，至今依然焕发着旺盛的活力。不因现在医学的迅速发展而衰败消无，相反，其影响力和治疗保健范围日渐增多。这充分说明在现代科技高度发展的时代，作为传统中医药学重要组成部分的推拿学完全有其存在的必要。

《推拿手法图谱》的出版，预示着新世纪中医药国际传播将更快、更广。该书在不失精华的前提下，突出内容简明、实用，易于掌握、力求科学的原则，通俗地向国内外读者介绍中国传统的推拿疗法，重点阐述推拿的基本手法及其临床应用。相信该书的出版，将对推拿疗法更好地走向世界，让世界更好地了解中国传统推拿疗法产生较为积极的影响。

在上海中医药大学及其附属岳阳医院推拿科工作40余年的原上海中医药大学针推学院技能教研室主任周信文副主任医师，学验俱丰，与同仁一道，为中医推拿事业发展的需要历经数载、几易其稿、博采众长撰写的《推拿手法图谱》，不仅可资医疗、教学、科研工作者参考，也利于中外学术交流，故其贡献不言而喻。述此代序、藉供参考。

曹仁发

2006年10月

Forewords II

Chinese massage therapy is a traditional subject and still shines with vigorous vitality. With swift development of modern medicine, it does not decline or disappear; on the contrary, it becomes more influential and more extensive in the therapeutic and healthcare scope. This phenomenon fully indicates that in the high developing moment of modern science and technology, Chinese massage therapy, as a component part of traditional Chinese medicine, is completely necessary.

The publication of *Chinese-English Atlas of Chinese Massage Therapy* predicts that the international propagation of traditional Chinese medicine will develop more quickly. By composition of the essentials and by the principles of simple contents, practical and easy mastery and more scientificity, this book introduces traditional Chinese massage therapy to the readers at home and abroad in simple language and expounds the basic manual techniques of Chinese massage therapy and their clinical application. I believe the publication of this book will have positive influence on the international popularization and better understanding of traditional Chinese massage therapy in the world.

Having worked in the department of Chinese massage therapy in Yue Yang Hospital affiliated to Shanghai University of Traditional Chinese Medicine for over 40 years and as a former deputy director of the teaching section of manual techniques in the faculty of acupuncture and massage therapy of Shanghai University of Traditional Chinese Medicine, Zhou Xinwen has compiled *Chinese-English Atlas of Chinese Massage Therapy*, to meet the needs of the development of Chinese massage therapy, by his plentiful experience in the teaching and clinical practice, together with his colleagues, after learning widely from the strong points of other masters and revising his manuscript for several times during the past years, not only beneficial to the workers in the medical service, education and scientific research and also beneficial to international academic exchange. Undoubtedly, his contribution does not need to be mentioned. I just write down those words as forewords for your reference.

Cao Renfa
October, 2006

前 言

推拿学是研究推拿的临床应用及其原理的一门中医学学科，是在人体体表运用各种手法以及某些特定的肢体活动来防治疾病的中医外治法。

中医推拿历史悠久，有关推拿最早的文字记载始见于三千多年前殷代的甲骨文。而以表示按摩的“殷”字来命名国号，则说明按摩是殷人主要的治疗和保健手段。社会的进步、科学的发展，和人们对自然疗法的进一步崇尚，使推拿这一古老的学科更加系统化、科学化，它不仅为中华民族的繁衍发挥着重大作用，而且也为世界人民的医疗保健作出了卓越的贡献。而推拿学科建设的不断发展，推拿学术水平不断提高，又使其引起越来越多国内外有识之士的广泛关注。

为了繁荣推拿学术、推广推拿疗法，我们收集了古今推拿学术各方面的资料，结合自身的临床经验编撰了《推拿手法图谱》，力求融合先人经验、汇集今人成果于一体，特别注意科学性、系统性，突出实用性、规范化。为便于学习，并尽可能保持中医传统特色，又与现代科学相结合，本书采用图解形式，以图为主、文字简炼，图文并茂、形象直观、通俗易懂，并采用中英文对照编写，以利国外读者学习、交流。如果本书能成为中医推拿临床医师的工具书和教学、研究工作者参考书，那将是我们最大的愿望。希望此书的出版，能给我国的传统疗法增添光辉，使推拿学的研究更上一层楼。

在本书的撰写过程中，得到了众多专家大力协助，在此表示深切的感谢。由于我们业务水平有限，书中难免存在不当之处，因此热忱地希望广大同道，读者不吝指正。

周信文

2006年11月

Forewords

Chinese massage therapy is a Chinese medical science to study its clinical application and principles of Chinese massage and a TCM external therapy to prevent and treat diseases by applying various types of manual techniques and some specific limb movements on the body surface.

There is a long history in Chinese massage therapy, and the earliest literal records on Chinese massage therapy were seen in the turtle-shell inscriptions of Yin Dynasty of over three thousand years. The kingdom nominated by “Yin”, an ancient Chinese character for massage, indicates that massage was a main therapeutic and healthcare means by Yin people. With the development of the society and science and further advocate of natural therapy, Chinese massage therapy of this ancient subject becomes more systematical and scientific and plays an important role in the development of Chinese nationality and also makes an outstanding contribution to the medical healthcare of the people in the world. With constant development of Chinese massage therapy, it has been elevated continuously in academic level and has been gradually appreciated by more and more scholars at home and abroad.

In order to flourish the academic art of Chinese massage therapy and popularize this therapy, we have compiled the book entitled *Chinese-English Atlas of Chinese Massage Therapy* by collecting the ancient and modern materials on Chinese massage therapy, in combination with personal clinical experience, with the efforts to take in the experience of the ancient practitioners and achievements of modern practitioners scientifically and systematically in a special practical and standard mood. In order for the readers at home and abroad to study this art and in order to maintain the traditional feature of Chinese medicine and to combine with the modern science, the book is compiled in an illustrated atlas, with simple literal explanations and colorful photos, and in both Chinese and English languages. It would be our greatest expectation, if this book could be recommended as a tool book for clinical practitioners of Chinese massage therapy and a reference book for the educational and researching workers of Chinese massage therapy. We wish the publication of this book will add luster to this traditional therapy and upgrade the study of Chinese massage therapy.

During the compilation of this book, I have enjoyed great coordination from vast number of the experts. I would like to express my sincere thanks to all of them. Due to our limitation in this professional art, some improper explanations would unavoidably appear in the book. Therefore, we sincerely hope the colleagues and readers would offer their comments frankly.

Zhou Xinwen
November, 2006

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