

推拿 手法图解

汉英对照 Chinese-English Edition

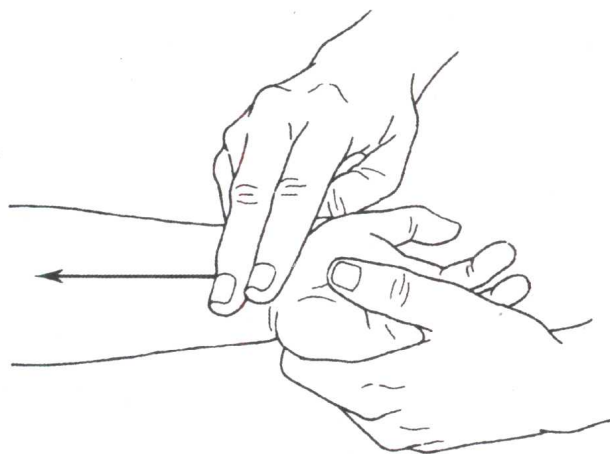
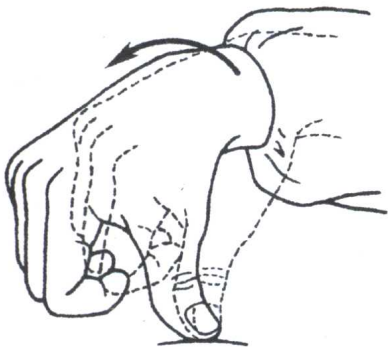
编著 沈国权 严隽陶

Illustrations

of

Tuina

Manipulations



上海科学技术出版社

汉
英
对
照

Chinese-English Edition

推

拿

手

法

图

解

沈国权 严隽陶 编著

WRITTEN BY SHEN GUOQUAN

AND YAN JUNTAO

李承建 绘图

DRAWN BY LI CHENGJIAN



Illustrations Of Tuina

Manipulations



0305894

上海科学技术出版社

SHANGHAI SCIENTIFIC & TECHNICAL PUBLISHERS

图书在版编目(CIP)数据

推拿手法图解(汉英对照)/沈国权,严隽陶编著. —上海:上海科学技术出版社,2004.1

ISBN 7-5323-7120-4

I. 汉... II. ①沈... ②严... III. 推拿疗法(中医) —图解 IV. R244.1-64

中国版本图书馆 CIP 数据核字(2003)第 047362 号

上海科学技术出版社出版、发行

(上海瑞金二路 450 号 邮政编码 200020)

苏州望电印刷有限公司印刷

新华书店上海发行所经销

2004 年 1 月第 1 版 2004 年 1 月第 1 次印刷

开本 787×1092 1/16 印张 11.5 字数 190 千

印数 1—4 200

定价: 35.00 元

本书如有缺页、错装或坏损等严重质量问题,
请向本社出版科联系调换

本书是一本用中英文对照编写的推拿手法图解,全书共分3章。第一章概论,介绍了推拿手法的分类、作用途径及技术要求;第二章推拿手法,详细地介绍了按压类手法、推擦类手法、摩揉类手法等14类手法;第三章推拿操作常规,介绍了头面部、颈项部、肩部等身体10个部位的操作规则。

本书内容丰富,绘图准确,每图均抓住推拿手法的动作要领,勾勒出掌握推拿手法操作的切入点,不仅对推拿手法的初学者提供帮助,而且对推拿科的临床医师进一步发挥手法的治疗作用也颇有裨益。

This is an atlas of Tuina manipulations written in collated Chinese with English. The book is divided in 3 chapters. The manipulation classification, mechanism approach and technical requirements are introduced in the first chapter. In the second chapter, manipulations of 14 categories such as the pressing category, the linear-moving category, the circular-moving category etc. are described. And all the routine techniques on different body parts such as on the head and facial regions, the neck and nape regions, the shoulder region are also delineated in the last chapter.

With abundant manipulation resources and accurate drawings, this works is not an ecumenic iconography book of Tuina manipulation. Reversal, the authors focalize at the motion conspectus of the manipulations to depict out of the incision

Content Summary

point, at which you will be easy to control skills of all manipulations. Thus it is not only helpful for the beginner to learn Tuina manipulation, but beneficial for the clinician to elevate the therapeutic effect of manipulation as well.

推拿是人类最早掌握的医疗方法之一。经过数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、无毒副反应、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数百字的文章。故决定编撰推拿手法图解,以飨读者。

本书收录了中外推拿手法近200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。为了不但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,本书采用了中英文对照排版。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,也将给他们带来裨益。

本书在1994年出版以后,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,对原书的错误进行了一些修正,

Preface

并向广大读者表示感谢。但因作者水平所限，其中的错误在所难免，望读者能予以进一步指正。

沈国权 严隽陶

2002年7月

Tuina is one of the oldest therapies that human being has controlled. After tortuous development of thousands years, this old therapeutics freshes a new vigor again and is recognized by mankind. It is deeply believed that, as a natural therapeutics of no pain, no side effect, no poison, no injurious, and no interfere in body, Tuina will play a more important role in man's health enterprise.

Manipulation is the essential procedure of Tuina therapy. Since the manipulation is skillful and dexterous movement of the body, it is difficult to be described accurately in words. And for the learners, it is also difficult to understand and master the manipulative manner rightly by means of writing or manipulated correctly from reading books. There are a lot of persons who try to go south but drive car according north chariot and take wrong as right in studying Tuina manipulation.

From the practical work of dozens years, we have gotten the idea that diagrams are better than word descriptions in Tuina teaching. A piece of simplest diagram contains more information than an article of hundreds words does. So we decided to compile this book to satisfy readers.

Approximately two hundred Tuina manipulations originated

from both China and foreign countries are compiled in this book. Maybe it is one of abounds sorts of manipulation book so far. Moreover, the rectifying manipulations especially occupy an outstanding role in this book and thus make it distinguished from other Tuina books. We take the diagrams as main form and the word illustrations as supporting role in our complement work. Some manipulations that are difficulty learned and frequently used in clinic are drawn in series of diagrams, so that the reader will be easy to understand them. In order to that, let not only Chinese reader master Tuina manipulation, but the foreign reader understand manipulation of China as well, this book adapts the comparing typesetting of Chinese and English. For the beginners of Tuina, the writing of this book is plain and simple, and the drawn is meticulous. So they will have no difficult in reading. For the specialized persons, the classification system of manipulation, the evolution analysis of manipulation and the late introduction of foreign manipulations in this book will also bring them a lot of benefit.

Since the publishing of the first version in 1994, the book has received preference from the readers and has been sold out soon. It is beyond the anticipation of the writers and the publishers. Even though we have corrected some mistakes in the first version, there still are wrong in this book. We give expression of thankfulness to your readers. And we also hope you will set right for us.

Shen Guoquan Yan Juntao

July, 2002

第一章 概论

CHAPTER 1 INTRODUCTION

第一节	手法的分类	4
	SECTION 1 CLASSIFICATION OF THE MANIPULATIONS	
第二节	推拿手法的作用途径	6
	SECTION 2 EFFECTING PROCESSES OF THE MANIPULATIONS	
第三节	推拿手法的技术要求	7
	SECTION 3 TECHNICAL REQUIREMENTS OF TUINA MANIPULATIONS	
	1. 刺激性手法的技术要求	7
	1. Technical requirement of stimulating manipulations	
	2. 矫正性、松动性手法的技术要求	8
	2. Technical requirements of rectifying and mobilizing manipulations	

第二章 推拿手法

CHAPTER 2 TUINA MANIPULATIONS

第一节	按压类手法	13
	SECTION 1 CATEGORY OF PRESSING MANIPULATIONS	
一、	代表手法 按法	13
	Principal Techniques of Pressing Manipulations: Pressing	
	1. 指按法	14
	1. Pressing with thumb	
	2. 掌按法	14
	2. Pressing with palm	

二、按法的衍化	15
Evolution of Pressings	
1.肘压法	15
1.Compressing with the elbow	
2.点法	16
2.Pointing	
3.掐法	17
3.Nipping with the thumbnail	
4.押法	18
4.Touching	
5.掩法、扞法	18
5.Cupping, Warm covering	
三、按压复位法	18
Pressing-Reductions	
1.寰枕关节按压复位法	20
1.Pressing-Reduction of the atlantooccipital joint	
2.上颈椎侧卧位按压复位法	21
2.Pressing-reduction of the upper cervical vertebrae in laterally lying position	
3.下颈椎俯卧位按压复位法	21
3.Pressing-reduction of the lower cervical vertebrae in prone position	
4.上胸椎按压复位法	22
4.Pressing-reduction of the upper thoracic vertebrae in prone position	
5.上胸椎指拨复位法	22
5.Bending-reduction of the upper thoracic vertebrae with the thumb	
6.胸椎交叉按压复位法	23
6.Cross pressing-reduction of the thoracic vertebrae	
7.胸椎棘突下掌缘按压复位法	23
7.Pressing-reduction upon the spinous process of the thoracic vertebrae with palm rim	
8.肋椎关节按压复位法	24
8.Pressing-reduction of the costovertebral joint	
9.骶髂关节按压松动法	24
9.Pressing-mobilization of the sacroiliac joint	
第二节 推擦类手法	25
SECTION 2 CATEGORY OF LINEAR-MOVING MANIPULATIONS	
一、代表手法 推法	26
Principal Techniques of Linear-moving Manipulations: Pushing	
1.拇指直推法	26
1.Linear-pushing with the thumb	

2. 剑指直推法	26
2. Linear-pushing with the "sword-fingers"	
3. 拇指平推法	27
3. Flat-pushing with the thumb	
4. 掌平推法	27
4. Flat-pushing with the palm	
5. 刨推法	28
5. Planing-pushing	
6. 拳平推法	28
6. Flat-pushing with the fist	
7. 肘平推法	29
7. Flat-pushing with the elbow	
8. 分推法与合推法	29
8. Eccentric-pushing and concentric-pushing	
二、推法的衍化	30
Evolution of Pushing	
1. 擦法	30
1. Linear-rubbing	
2. 拨法	32
2. Plucking	
3. 抹法	32
3. Wiping	
4. 扫散法	33
4. Sweeping	
5. 拘法	33
5. Canceling	
6. 勒法	34
6. Tweezering	
7. 捋顺法	34
7. Stripping and Conforming	
8. 拂法、刮法	34
8. Skimming and Scraping	
第三节 摩揉类手法	35
SECTION 3 CATEGORY OF CIRCULAR-MOVING MANIPULATIONS	
一、代表手法 摩法	35
Principal Techniques of Circular-moving Manipulations: Circular-rubbing	
1. 指摩法	35
1. Circular-rubbing with the fingers	
2. 掌摩法	36
2. Circular-rubbing with the palm	
二、摩法的衍化	37
Evolution of Circular-rubbing	

1.揉法	37
1.Kneading	
2.运法	39
2.Transporting	
3.旋推法	40
3.Circular-pushing	
三、复合手法 按揉法	40
Compound Manipulation: Pressing-Kneading	
第四节 推滚类手法	42
SECTION 4 CATEGORY OF PUSHING-ROLLING MANIPULATIONS	
一、代表手法1 一指禅推法	42
Principal Techniques 1 of Pushing-Rolling Manipulations: Dhyana-Thumb-Pushing	
二、一指禅推法的衍化	45
Evolution of Dhyana-Thumb-Pushing	
1.偏峰推	45
1.Thumb-pushing with the side tip	
2.蝴蝶双飞	46
2.Couple flying butterflies	
3.屈指推	46
3.Pushing with flexed thumb	
4.双手交叉扶持推	46
4.Dhyana-thumb-pushing supported by the crossed hands	
5.单手扶持推	47
5.Thumb-pushing supported by single hand	
6.推摩法	47
6.Dhyana-thumb-pushing and Circular-rubbing	
7.缠法	47
7.Twining	
三、代表手法2 滚法	48
Principal Techniques 2 of Pushing-Rolling Manipulation: Rolling	
四、滚法的衍化	50
Evolution of Rolling	
1.掌指关节滚法	50
1.Rolling with the metacarpo-phalangeal joints	
2.滚法	50
2.Rolling with the proximal interphalangeal joints	
第五节 捏拿类手法	53
SECTION 5 CATEGORY OF PINCHING-GRASPING MANIPULATIONS	

一、代表手法 捏法	53
Principal Techniques of Pinching-Grasping Manipulations: Pinching	
1. 拇示指捏	53
1. Pinching with the thumb and index finger	
2. 拇示中指捏	54
2. Pinching with the thumb, the index and middle fingers	
二、捏法的衍化	55
Evolution of Pinching	
1. 拿法	55
1. Grasping	
2. 抓法	56
2. Seizing	
3. 弹筋法	56
3. Plucking tendon	
4. 挤法	57
4. Squeezing	
5. 扯法	57
5. Tearing	
6. 拧法	58
6. Twisting	
7. 挪法	58
7. Shifting	
8. 合法	58
8. Concentrating	
三、复合手法	59
Compound-manipulations	
1. 捏揉法、拿揉法	59
1. Pinching-kneading, Grasping-kneading	
2. 捻法	59
2. Holding-kneading	
3. 搓法	59
3. Rubbing with two palms	
第六节 振动类手法	60
SECTION 6 CATEGORY OF VIBRATING MANIPULATIONS	
一、代表手法 振法	60
Principal Techniques of Vibrating Manipulations: Vibrating	
1. 指振法	61
1. Vibrating with the fingers	
2. 掌振法	61
2. Vibrating with the palm	
二、振法的衍化 摆法	62
Evolution of the Vibrating: Waving	

三、复合手法	63
Compound Manipulations	
1.提颠法	63
1.Lifting-trembling	
2.荡法	63
2.Swinging	
3.对掌振法	64
3.Concentrating-Vibrating	
第七节 叩击类手法	64
SECTION 7 CATEGORY OF KNOCKING MANIPULATIONS	
一、代表手法 击法	65
Principal Techniques of the Knocking Manipulation: Knocking	
1.拳背击	65
1.Knocking with the fist back	
2.捶击	65
2.Thumping	
3.掌根击	66
3.Knocking with the palm heel	
4.掌侧击	66
4.Knocking with the palm edge	
5.棒击	66
5.Knocking with the stick	
二、击法的衍化	67
Evolution of Knocking	
1.叩法	67
1.Tapping	
2.拍法	68
2.Patting	
3.啄法	69
3.Pecking	
4.弹法	69
4.Flicking	
第八节 托插类手法	70
SECTION 8 CATEGORY OF SUPPORTING-INSERTING MANIPULATIONS	
一、代表手法 托法	70
Principal Techniques of Supporting-inserting Manipulations: Supporting	
二、其他手法	71
Other manipulations	
1.插法	71

1.Inserting	
2.勾法	71
2.Hooking	
第九节 环摇类手法	72
SECTION 9 CATEGORY OF ROTATING MANIPULATIONS	
一、摇颈	73
Rotating of the Neck	
1.坐位摇颈	73
1.Rotating of the neck in sitting position	
2.卧位摇颈	73
2.Rotating of the neck in supine position	
二、摇肩	74
Rotating of the Shoulder	
1.托肘摇肩	74
1.Rotating of the shoulder while supporting the elbow	
2.握手摇肩	75
2.Rotating of the shoulder while holding the hand	
3.抡摇肩关节	75
3.Rotating of the shoulder like windmill	
4.卧位展筋摇肩	77
4.Rotating of the shoulder for stretching the tendon in supine position	
5.卧位点揉摇肩	77
5.Rotating of the shoulder while kneading in supine position	
三、摇肘	78
Rotating of the Elbow	
四、摇腕	78
Rotating of the Wrist	
五、摇指	79
Rotating of the Finger	
六、摇腰	79
Rotating of the Lumbus	
1.坐位摇腰	79
1.Rotating of the lumbus in sitting position	
2.卧位摇腰	80
2.Rotating of the lumbus in supine position	
七、摇髋	80
Rotating of the Hip	
八、摇膝	81
Rotating of the Knee	
九、摇踝	81
Rotating of the Ankle	

目 录	第十节 推扳类手法	82
	SECTION 10 CATEGORY OF THE THRUSTING-WRENCHING MANIPULATIONS	
	一、扳颈	82
	Wrenching of the Neck	
	1.前屈展筋扳颈	82
	1.Flexion-wrenching of the neck for stretching the tendon	
	2.侧屈展筋扳颈	83
	2.Lateral flexion-wrenching of the neck for stretching the tendon	
	3.侧屈推扳法	83
	3.Lateral flexion-thrusting-wrenching of the neck	
	4.卧位侧屈推扳法	84
	4.Lateral flexion-thrusting-wrenching of the neck in prone position	
	5.卧位侧屈牵引扳	85
	5.Lateral flexion-wrenching of the neck under traction in supine position	
	6.坐位斜扳法	85
6.Oblique-wrenching of the neck in sitting position		
7.卧位斜扳法	86	
7.Oblique-wrenching of the neck in supine position		
8.卧位侧屈旋转扳	86	
8.Lateral flexion-rotation-wrenching of the neck in supine position		
9.坐位摇扳法	87	
9.Rotating-wrenching of the neck in sitting position		
10.旋转定位扳法	88	
10.Rotation-wrenching of the neck on selected site		
11.俯卧位牵引旋转扳	88	
11.Rotation-wrenching of the neck under traction in prone position		
二、扳肩	91	
Wrenching of the Shoulder		
1.前举扳肩	91	
1.Flexion-wrenching of the shoulder		
2.外展扳肩	91	
2.Abduction-wrenching of the shoulder		
3.内收扳肩	91	
3.Adduction-wrenching of the shoulder		
4.后弯扳肩	92	
4.Posterior bending-wrenching of the shoulder		
5.旋转扳肩	93	
5.Rotation-wrenching of the shoulder		
三、扳肘	98	
Wrenching of the Elbow		
1.屈曲扳肘	98	
1.Flexion-wrenching of the elbow		

2. 桡骨头半脱位复位法	99
2.Reduction of the radius head subluxation	
3. 伸肘旋前扳	99
3.Extension-pronation-wrenching of the elbow	
四、扳胸	100
Wrenching of the Thoracic Vertebrae	
1. 按背扳肩法	100
1.Wrenching the shoulder while pressing on the dorsum	
2. 按背扳骨盆法	101
2.Wrenching the pelvis while pressing on the dorsum	
3. 旋转定位扳	101
3.Rotation-wrenching of the thoracic-vertebrae on selected site	
4. 双人旋转定位扳	102
4.Rotation-wrenching of the thoracic-lumbar vertebrae on selected site by two manipulators	
5. 侧屈扳法	102
5.Lateral flexion-wrenching of the thoracic vertebra	
6. 坐位推扳法	103
6.Thrusting-wrenching of the thoracic vertebra in sitting position	
五、扳腰	104
Wrenching of the Lumbar Vertebrae	
1. 斜扳法	104
1.Oblique wrenching of the lumbar vertebrae	
2. 改良斜扳法	105
2.Modified oblique wrenching of lumbar vertebrae	
3. 旋转定位扳法	107
3.Rotation-wrenching of lumbar vertebrae on selected site	
4. 按腰扳腿法	108
4.Wrenching leg while pressing on lumbar	
5. 后伸扳腰法	109
5.Wrenching of lumbar vertebrae by extending lower extremity	
六、扳骶髂关节	110
Wrenching of Sacroiliac Joint	
1. 骶髂关节斜扳法	110
1.Oblique wrenching of sacroiliac joint	
2. 改良斜扳法	111
2.Modified oblique wrenching of sacroiliac joint	
3. 直腿抬高扳法	112
3.Wrenching of sacroiliac joint by straight lifting leg	
4. 拽腿扳法	113
4.Wrenching of sacroiliac joint by pulling flexed lower extremity	
5. 坐位屈膝屈髋扳法	113
5.Wrenching of sacroiliac joint by flexing the knee and the hip joints in sitting position	
6. 按骶扳腿法	114