

中英文对照

BASIC MANIPULATIONS FOR
TRAUMATOLOGY AND
ORTHOPEDICS TREATMENT

骨伤病手法
治疗图说



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前 言



中华民族历史悠久，为人类创造大量宝贵财富，中医学就是中华民族对人类文明的伟大贡献。在中医学这座伟大宝库中有一颗璀璨明珠——推拿。几千年来，它作为防病治病的方法，为中华民族的生存繁衍做出了巨大贡献。而它又以疗效好，易操作，无副作用，被现代社会人们所接受。

随着现代社会的发展，生活、工作节奏不断加快，以及人口老龄化的出现，使颈、肩、腰、腿痛类疾病逐渐增多，解决这些疾病，提高人们的生活质量，已成为骨伤科医务工作者义不容辞的责任。辽宁省营口市骨伤科研究所所长栾明拥、辽宁省鞍山市铁东骨伤病医院院长王立岩、北京针灸骨伤学院筋伤教研室主任薛传疆三位骨伤科同道，十余年来刻苦钻研骨伤病手法治疗技术，继承不泥古，发扬不离宗，在传统中医推拿基础上，结合解剖学、生物力学、生理病理学等学科，在骨伤病手法治疗方面有所建树，形成了对骨伤病行之有效的手法治疗方法，在临床中收到理想的疗效。他们总结、提炼大量临床实践经验，制做成图片影像资料，奉献给骨伤科同仁们以及推拿爱好者，必将能提高骨伤病手法治疗效果。

本书分为骨伤科推拿基本手法和骨伤病手法治疗两部分，并附有 VCD 光盘一张。

PREFACE

The long history of Chinese culture is a great treasure to the human being. Traditional Chinese Medicine is a great contribution to the Chinese people. There is a shining pearl in this treasure house—Tuina. As a kind of treatment method, it made great contributions to the breeding of Chinese people. It is effective and easy to operate without side effect. Modern people had already accepted it.

With the development of the modern society, the fast speed of life and work and the increasing of the aged people, those diseases like neck pain, shoulder pain, leg pain and lumbago increased rapidly. To solve these problems and to improve the life quality had become an incumbency to the medical staff. Three professors engaged in the same occupation—President Luan Mingyong from Institute of Traumatology and Orthopedics in Yingkou City, Liaoning province, President Wang Liyan from Tiedong Traumatology and Orthopedics Hospital in Anshan City, Liaoning province, and Director Xue Chuanjiang from Beijing University of Traumatology and Orthopedics made great effort on the research work of manipulation skills in the past 10 years. They inherited instead of sticking to the past, developed without straying from the origin. They combined anatomy, biomechanics, physiology and pathology on the basis of traditional Chinese massage, scoring a big achievement on traumatology and orthopedics treatment. Thus formed the effective way of treatment and received idealized effect in the clinic. They summarized lots of clinical experiment and produced them into VCD. It must plays a significant role in improving the effectiveness of Tuina treatment.

This film is divided into 2 parts—Basic Manipulation and Manipulation Treatment.

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推拿基本手法

Basic Manipulations

推拿基本手法是指能独立操作的手法，是手法治疗的基础。手法有三大要素：手法用力、手法的频率、手法作用的时间。

The basic manipulation is the treatment that can be used individually. It contains three main parts: mechanic feature of manipulation, frequency and rhythm of the manipulation, period of manipulation.

手法用力不是恒定不变的，根据病人的年龄、性别、体质、疾病的性质而改变。小儿、老人推拿用力要比成人轻；给女性患者推拿力量要比男性患者力量轻；体质好，身体强壮的患者推拿治疗时力量要重；病变部位较深的疾病推拿治疗时力量要重；反之，力量则较轻。根据压强=压力/受力面积的原理，手法接触面积大，用力可重，反之则轻。初诊患者或急性病患者推拿治疗时用力相对要轻，反之则可稍重些。

The certain force of manipulation is not fixed down. It will change according to the age, gender, body constitution and the state of illness of each patient. The force used for infant and aged people is less than that of the adult people; the force used for female is less than that of male. More force can be used for the strong person and the severe disease case and vice versa. According to the formula: Intensity of pressure equals to pressed area divided by pressure. The more area of touch, the more force can be manipulated and vice versa. The less force for new patient and acute disease and vice versa.

手法的频率是指单位时间内手法重复的次数，频率越快，手法刺激强度越大；频率慢，则手法刺

激强度小。手法频率太快或太慢对手法产生的效果也不同，有些手法要求有一定的频率，临床应用时，以中等频率为佳。

The frequency and rhythm of the manipulation means the times of manipulation in a certain unit of time. The faster the frequency, the stronger the stimulation. The slower the frequency, the weaker the stimulation. The speed of the manipulation causes the different effect of the treatment. The medium frequency is the best one for the clinical usage.

手法作用时间是指手法操作的时间，包括单一手法操作时间、每次治疗手法操作时间、两次手法治疗的间隔时间。作用于病变部位的单一手法操作时间宜长，临床中手法治疗一种疾病操作时间以15~20分钟为佳。急性疾病手法治疗每日一次，慢性疾病手法治疗隔日一次。

The period of the manipulation means the time used for manipulation, which include the time used for unique manipulation, the time used for each stage of treatment and the inter time between two treatment. The time used for unique manipulation is good to be longer than others, which is around 15-20 minutes in the clinical usage. The manipulation should be used each time every day for acute disease and each time one-day after another for pro-longed disease.

手法频率与手法作用时间以及手法用力之间有着相互关系，手法频率快可相对缩短手法时间或减小力量；手法频率慢则手法时间延长或手法加大用力。

It has close relation among frequency,

time and force of the manipulation. Fast speed can shorten the time and force of the manipulation and vise versa.

手法是推拿的基础,手法的熟练程度与应用是否得当,直接关系到疾病的治疗效果。手法要求持久、有力、均匀、柔和。所谓“持久”,是指手法能按持续运用一定时间;所谓“有力”,是指手法必须具有一定的力量,手法力量根据需要发生改变;所谓“均匀”,是指手法动作要有节奏感,速度不快不慢,力量不要时轻时重;所谓“柔和”,是指手法轻而不浮,重而不滞,用力不要生硬粗暴,变换动作要自然。

The manipulation is the basis of Tuina. The proficient and sound use of manipulation will effect the result of treatment directly. The manipulation should be permanent, forceful, even and soft. The so-called “permanent” means the manipulation should last for a period of time according to the requirement. The so-called

“forceful” means the manipulation should has a certain power that can be changed according to the requirement. The so-called “even” means the movement of the manipulation should be rhythmical with the speed not too fast or too slow and the power not too strong or too weak. The so-called “soft” means the manipulation should be light but not superficial, heavy but not retained, not rough and hard and the shift of the movements should be natural and smooth.

手法种类较多,加之有复合手法和各种流派出现,所以不能详细一一说明,选择骨伤临床中常用而又行之有效的手法加以说明。

We can not illustrate all kinds of massage methods here, especially those combinations of different manipulations. The most useful and effective methods will be briefly introduced as follows:

一、按 法 Pressing Manipulation

分为掌根按法(图1)、双手重叠掌按法(图2)、前臂按法(图3)、2~5指指间关节按法(图4)、大鱼际和小鱼际按法(图5、6)、肘尖按法(图7)及拇指按法(图8)。

Pressing manipulation is pressing with the palm-root(Picture 1), double hands(Picture 2), forearm(Picture 3), tip of the finger 2-5(Picture 4), major of the eminence(Picture 5,6) or the tip of elbow(Picture 7) and thumb(Picture 8).

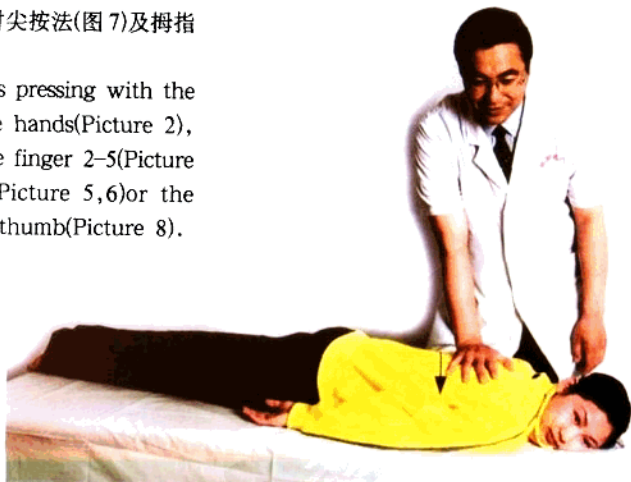


图1 掌根按法

Pressing with the palm-root



图2 双手重叠掌根按法
Pressing with double hands



图3 前臂按法
Pressing with the forearm

1. 操作要领：施术者用以上部位在施术部位上贴紧皮肤，勿移动，向下按压，力量持续增大，由轻到重，深透至病变部位，患者有酸胀或麻木感。

2. 临床应用：掌根按法、前臂按法、指骨按法、大鱼际按法多用于胸、腹、腰、臂、下肢等较宽厚处，而拇指、肘尖、指间关节多用于点穴，有放松肌肉、通经活络、镇痛活血之功效，常用于颈、肩、腰、腿痛和肢体麻木等疾病。

1. Key point of operation

The operator presses the therapeutic region steadily with the power pressed lightly to heavily till certain deepness is achieved. The pressure should arrive to the therapeutic region of the disease. The patient should experienced evident sensation such as soreness, distention, numbness and radiation.

2. Clinical application

Pressing with the palm-root, forearm, bone of fingers and major of the eminence is chiefly applied to the regions of large and thick muscles



图4 2~5指指间关节按法
Pressing with tip of the finger 2~5

图5 大鱼际按法

Pressing with the major of the eminence



图6 小鱼际按法

Pressing with the minor of the eminence

such as the four extremities, chest, abdominal and lumbar region. Pressing with the thumb, tip of elbow and tip of fingers is chiefly applied to the neck, shoulder, lumbar, leg pain

and numbness of limbs etc. It has the effect of relaxing the muscles and tendons, removing obstruction of channels, stopping pain and promoting the blood circulation.



图7 肘尖按法

Pressing with the tip of elbow



图8 拇指按法

Pressing with the thumb

二、归 挤 法

Squeezing Manipulation

单手归挤法: 以拇指与其余四指相对, 夹住肢体, 用力挤压(图9)。

双手归挤法: 两手掌相对, 夹住躯体或躯干用力相对挤压(图10, 11, 12)。

1. 操作要领: 手与皮肤勿移动, 相对持续用力, 由轻到重, 循序而下, 均匀而有节律性, 动作要连贯。

2. 临床应用: 单手归挤法多用于上肢、小腿、颈部, 双手归挤法多用于腹、胸、大腿、颈等部位, 有放松肌肉, 通络镇痛之功效。

Single hand squeezing manipulation; squeeze the skin with thumb and the other four fingers, pressing in the opposite direction. (Picture 9)

Double hands squeezing manipulation:



图9 单手归挤法
Single hand squeezing manipulation



图10 双手归挤法
Double hands squeezing manipulation

Squeeze the body or limbs with two palms, pressing in the opposite direction. (Picture 10, 11, 12)

1. Key point of operation

Do not slide on the skin. The power in the opposite direction must be increased consistently, even and rhythmically.

2. Clinical application

Single hand squeezing manipulation is mainly applied to the upper limbs, shank and neck part. Double hand squeezing manipulation is mainly applied to the abdominal, chest, thigh and neck part.

It has the effect of relaxing muscles, regulating channels and stopping pain.



图 11、12 双手归挤法
Double hand's squeezing manipulation

三、提拿法 Grasping Manipulation

1. 操作要领：以大拇指与其余四指相对或与食指相对，捏拿住肌肉并向上提升，提拿肌肉要多，缓慢用力，勿拿皮肤，不可突然用力，每个提拿动作要连贯(图 13, 14)。

2. 临床应用：多用于颈肩、四肢疾病的治疗。有解除肌肉痉挛，活血止痛，舒筋通络之功效。

1. Key point of operation

Grasping manipulation is performed by lifting and squeezing symmetrically and slowly the therapeutic part and meanwhile holding and twisting, kneading and pinching it with the operator's thumb and the other four fingers. The operator should consistently grasp most part of the muscle instead of the skin and avoid of sudden force. (Picture 13, 14)

图 13 提拿法
Grasping manipulation



2. Clinical application

It is chiefly applied to the muscles and tendons of the neck, shoulder and four limbs. It has the following effect: relieving spasm and pain of the muscle, promoting the blood circulation and stopping pain, relaxing muscles and tendons, removing obstruction of channels.

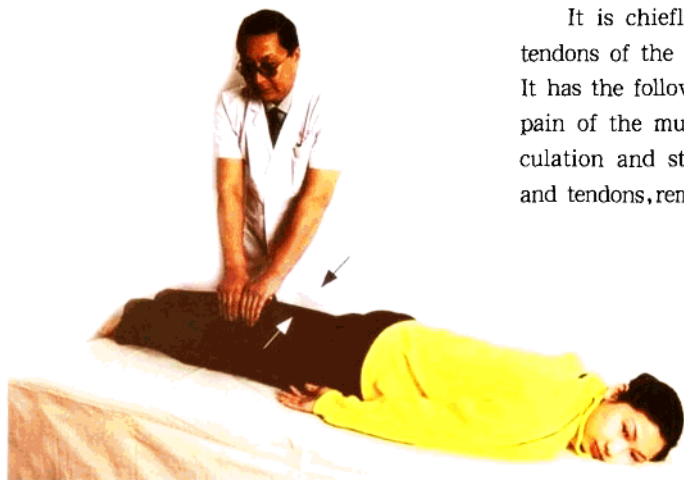


图14 提掌法
Grasping manipulation

四、弹压法 Snap-pressing Manipulation

1. 操作要领: 施术者以叠掌根按压患者脊柱, 压到一定深度, 感觉患者脊柱在按压中稍前屈后停止片刻, 而后突然用适当力度弹压一次, 此次往往可听到小关节复位声响, 压力适中, 弹压轻巧灵活(图15)。

2. 临床应用: 用于腰背脊柱部位, 腰肌劳损、腰椎间盘突出病、小关节紊乱等, 有理筋整复之功效。

1. Key point of operation

The operator presses the spine with one hand on the top of another to a certain depth. Retains the hands for few seconds when the spine slightly moved forwards under the pressure, then gives a sudden force downwards, a click sound of the reduction of small joint can be heard(Picture15).

2. Clinical application

It is mainly applied to the spine region, over strain of lumbar region, prolepses of lumbar



图15 弹压法
Snap-pressing manipulation

intervertebral disc and subluxation of joint. It has the effect of regulating muscles and tendons.

五、四肢截按法

Section-pressing Manipulation

1. 操作要领：医者以手掌截按患者肢体某些神经血管通路处，如臀横纹(图16)、腹股沟、腘窝

(图17)、腋下(图18)、肘横纹处，使患者感到肢体远端出现麻木、刺痛、发冷感觉后，再放松。按压时要稳重，持续用力，力量逐渐加大，用力柔和，切勿过重、过久和移动。

2. 临床应用：用于四肢部，有通经活络，调节神经、血管功能之功效，适用于四肢麻木、疼痛的病症。

1. Key Point of operation

The doctor presses on the route of nerve or vessels of the patient, like hip fosse(Picture16), groin, popliteal fosse(Picture17), axially (Picture18), elbow fosse etc.. After the patient has the feeling of numbness, sharp pain and even cold, the doctor stops pressing. The pressure must be steady, consistent and soft instead of strong, overtime and slide on the skin.

2. Clinical application

It is applied to four extremities. It has the effect of regulating channels, nervous system and blood function. It is useful for numbness of four limbs and pain syndrom.

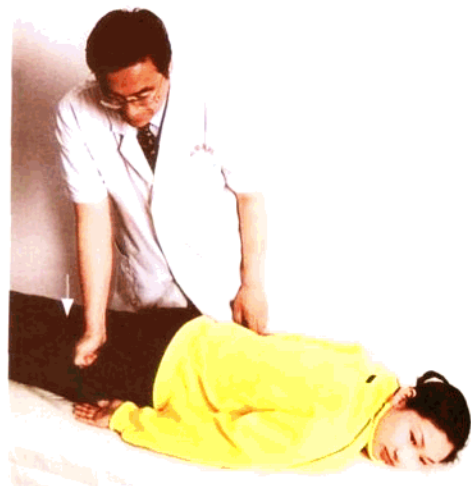


图16 四肢截按法(臀横纹)
Section pressing manipulation(hip fossa)



图17 腘窝截按法
Section pressing manipulation
(popliteal fossa)

图18 四肢截按法(腋下)

Section pressing manipulation(axially)



六、间歇弹压法

Intermittent pressing Manipulation

1. 操作要领: 医者叠掌或肘尖压住患者脊柱, 紧贴皮肤不移动, 作小幅度间歇弹压, 以每分钟40次左右为佳。不随呼吸运动、幅度小、发力均匀, 轻巧灵活, 平缓柔和(图19)。

2. 临床应用: 用于脊柱的腰背肌肉劳损, 脊柱后凸畸形等, 起到松解粘连、矫正畸形的作用。

1. Key Point of operation

The operator presses the patient's spine with one hand upon another or tip of elbow. Stick on the skin without any sliding. Flash-press the spine in a small range. 40 times per minute. Do not move with breath. It is soft, flexible, even in a small range (Picture 19).

2. Clinical application

It is applied to the muscle strain of spine kyphosis. It has the effect of correcting the deformity and releasing adhesion.



图19 间歇弹压法

Intermittent pressing manipulation