

TRADITIONAL CHINESE TUINA EXERCISES FOR NECK, SHOULDER AND WAIST

(CHINESE AND ENGLISH VERSION)

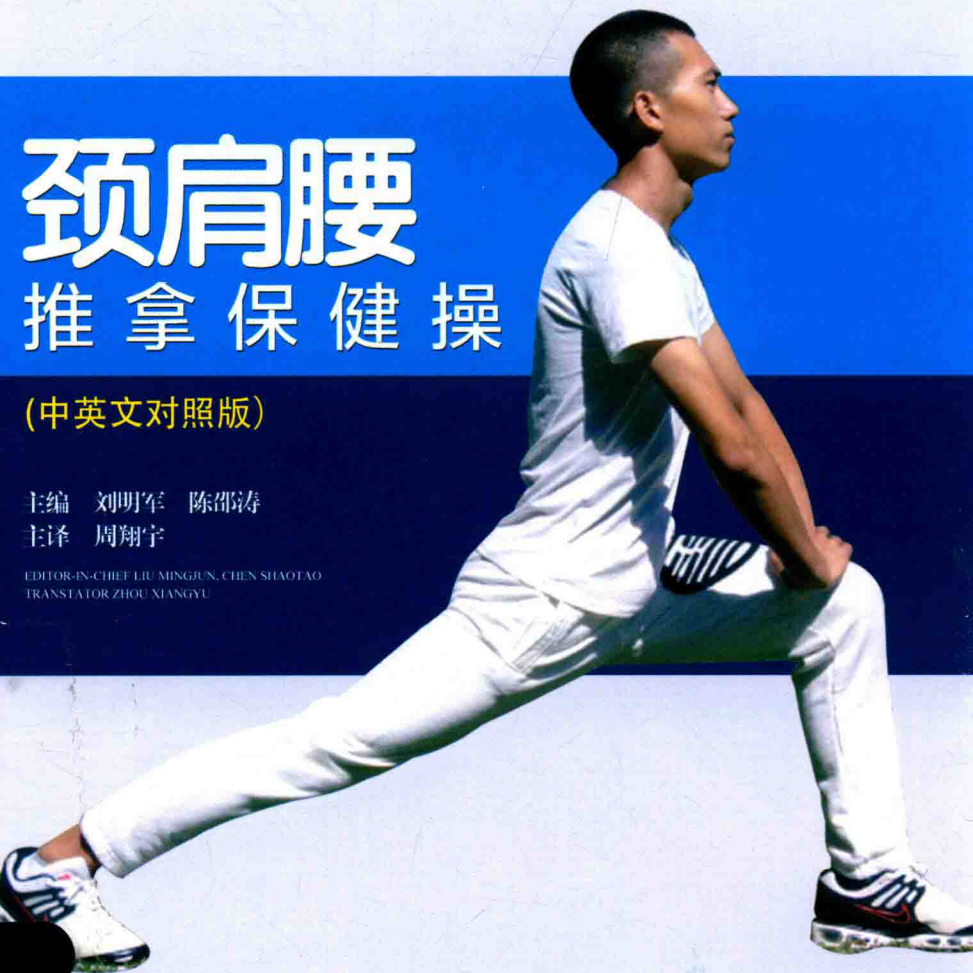
颈肩腰 推拿保健操

(中英文对照版)

主编 刘明军 陈邵涛

主译 周翔宇

EDITOR-IN-CHIEF LIU MINGJUN, CHEN SHAO TAO
TRANSLATOR ZHOU XIANGYU



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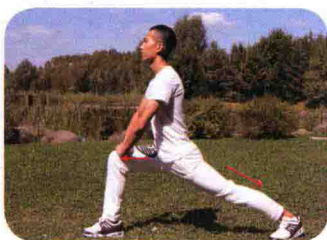
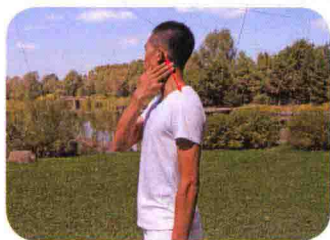
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前言

随着社会的发展，学习、工作环境的改变和生活节奏的不断加快，现代人亚健康状况日趋年轻化，尤其是颈、肩、腰部的急性损伤和慢性劳损，极大地影响了人们的生活质量和工作效率。

推拿是人类最古老的医疗方法之一，经过几千年的发展，形成了其操作简便、疗效显著、无副作用、感觉舒适、易于接受等特点。由推拿按摩疗法演化而来的保健推拿，对人体疾病的预防和日常养生更是有着独特的作用。编者总结多年的针灸推拿临床、教学实践，根据推拿治疗疾病的作用原理，结合颈、肩、腰部生理特点和运动形式，传承创新、反复推敲、亲身实践、试点操作、不断改进，创编出《颈肩腰自我保健操》一书，本书出版后受到业界和读者的普遍认可和好评。应读者要求，结合目前国内外对中医保健养生的重视程度，以及我国对外交流日益丰富的现状，作者在2016年出版的《颈肩腰自我保健操》基础上编译了中英文对照版，以适应时代发展、扩大阅读人群。

本书详细介绍了颈、肩、腰各部位的推拿保健操，以及相关穴位、注意事项，通过真人动作示范，文字细解动作，使保健操生动直观、容易理解，加之动作简单、易于学习、实用性强的特点，可以作为广大读者养生保健、防治相关疾病的指导书，亦可作为从事康复、保健教学和临床工作者的参考书，实为办公、家庭必备书。

希望广大读者在使用过程中多提宝贵意见，以便再版时修订，日臻完善。

刘明军

2017年3月1日

Introduction

As our learning and working conditions evolve and our pace of life hastens with the development of the society, today we're likely to enter the sub-healthy stage at a younger age. And above all, acute injuries and chronic strains at the neck, shoulder and waist areas tremendously affect our life quality and working efficiency.

Being one of the oldest treatment approaches of mankind, Tuina has formed distinguishing features through its development for thousands of years, including its great user-friendliness, notable curative effect, zero side-effect, comfortable treatment process, and high acceptability. Derived from the therapeutic approach of Tuina, Traditional Chinese Tuina Exercises could play an important part in health promotion as well as prevention of diseases. Under the guidance of the healing mechanism of Tuina and the physiological characteristics and movement modes of neck, shoulder and waist, a Chinese version of Traditional Chinese Tuina Exercises was published in 2016 based on years of training experience and clinical practice of acupuncture, moxibustion and Tuina. Hence, there were many inheritances and innovations, deliberations and practices, as well as experiments and improvements involved in the making of the book, which earned great popularity among readers. In response to the request of the readers, the rising awareness of traditional Chinese approach of life cultivation and health preservation home and abroad, and the increased needs in today's international exchanges, we make this book bilingual based on the Chinese version, in order to keep with the trend of the time and to reach a wider audience.

This book contains guidance on how to conduct Traditional Chinese Tuina Exercises for neck, shoulder and waist, introductions to all acupoints related, as well as cautions and precautions of conduct. With the help of model demonstration and verbal elaboration, carefully selected movements in these exercises become easy to understand, follow and master. Therefore, we're confident to say that being highly accessible, practical and effective, this book could serve as a reference for educators and practitioners in the field of rehabilitation and health promotion, and as a guidebook for everyone to keep fit, prevent diseases, and treat pains. In a nutshell, it's a must-have for every office and household.

Last but not least, we sincerely welcome your comments and opinions on this book.

Liu Mingjun

March 1, 2017

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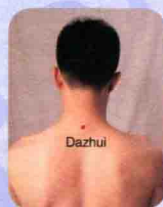
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I Frequently Used Acupoints



大椎穴



【定位】

在项部，后正中线上，第七颈椎棘突下凹陷中。

【取法】

正坐位低头时，颈后隆起最高点下方凹陷处取穴。



图1-1 大椎穴

GV14 (Dazhui)

【 Location 】

Acupoint GV14 (Dazhui) is located at the hollow part under the seventh crest of cervical vertebrae along the median line at the nape of the neck.

【 Positioning Method 】

Sit up, lower the head, and the acupoint could be found at the hollow part under the highest crest at the back of the neck.

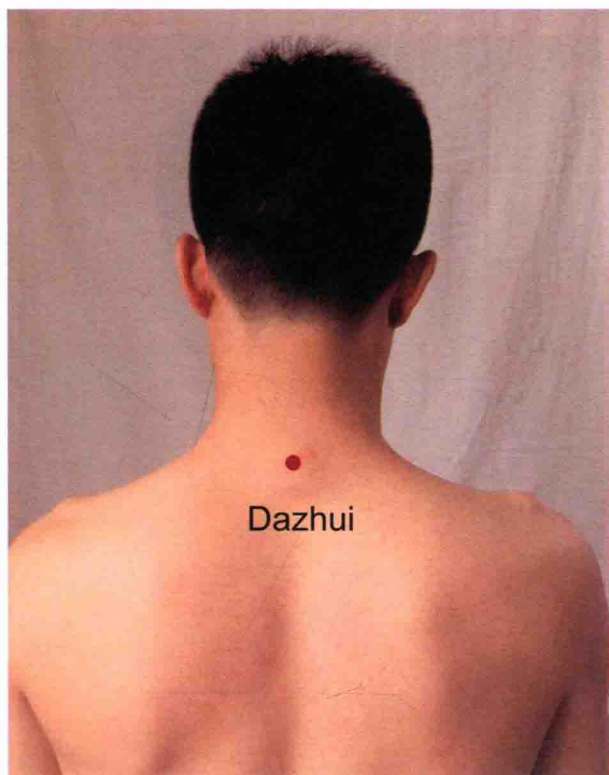


Fig 1.1 GV14 (Dazhui)

风池



【定位】

在项部，枕骨之下，胸锁乳突肌与斜方肌上端之间的凹陷中。

【取法】

俯卧位或者正坐位，项后枕骨下两侧凹陷处，当斜方肌上部与胸锁乳突肌上端之间取穴。



图1-2 风池穴

GB20 (Fengchi)



【 Location 】

Acupoint GB20 (Fengchi) is located at the hollow parts between the sternocleidomastoid and the upper parts of trapezius under the occipital bone at the nape of the neck.

【 Positioning Method 】

Lie prostrate or sit up, and the acupoint could be found at the hollow parts on both sides under the occipital bone between the upper ends of trapezius and the upper parts of the nutators at the back of the neck.



Fig 1.2 GB20 (Fengchi)