Hands on Tui-Na Techniques
Regulation by Opening and Activating Sinews, Stabilizing Spasms, Releasing Wind at Head Along with Upper Blocks

I) Fingers
   - Thumb = neutral
   - Index finger = tonifies on physical level
   - Middle finger = disperses on physical level
   - Ring finger = tonifies on psycho-spiritual level
   - Pinky = disperses on psycho-spiritual level

II) Strategy
    - Work from medial to lateral
    - Head to feet
    - Back to front

III) Facial/Head Strokes (each done 9 times)
    1) From anterior hairline along Du Mai to occiput
    2) From Du Mai laterally to ears
    3) From center of forehead to GB-3
    4) Along eyebrows/supraorbital ridge
    5) Along infraorbital ridge
    6) From forehead to Ren-24, encircling face
    7) From forehead to SI-18, to Ren-24, encircling face
    8) Above and below lips at the same time, in opposite directions
       - After 9 strokes, alternate direction (if upper lip done from left to right, do right to left)
    9) From LI-20 to Ren-23, then lift
IV) **Occipital and Shoulder Strokes**

1) From behind, support patient’s jaw with four fingers
   Then rock their head back as you dig into GB-20/Bl-10 with your thumb, moving the thumb down to Du-14 the farther back the head goes

2) Press in with thumb at GB-20/Bl-10, and move slowly down to LI-15

3) From where clavicles articulate with the sternum, move thumbs with heavy pressure to LI-15

4) For tension headache, move thumbs with heavy pressure from Du-14 to St-12
   *These strokes diffuse and drain stagnation and/or Wind into axilla*

V) **Back Strokes**

1) An (moving press) back medial to lateral, top to bottom

2) Fishing Pole Grab along spine
   Make like you’re grabbing a fishing pole, and dig proximal phalanges/interphalangeal joints into the spaces between the spinous processes

3) Tui downward along spine

4) Tui outward from spine, top to bottom

5) Tui Yang aspect of arms from shoulders to hands

6) Tui from axilla to hips

7) Nie Jing-well points

VI) **Chest Strokes**

1) Tui laterally out from midline, top to bottom

2) Tui along midline from top to bottom

3) Tui from nipples to 11th ribs

4) Tui from midline to 11th/12th ribs

5) Tui Yin aspect of arms from shoulders to hands

VII) **Sacrum and Leg Protocols**

1) At sacrum, feel for nodules and Dim them
   Then Tui this area
2) **Tui** medial, then lateral aspect of posterior legs

3) **Tui** medial, then lateral aspect of anterior legs
   - *You can do the whole leg at one shot, or first the upper half, then the lower*

4) **Nie** Jing-well points