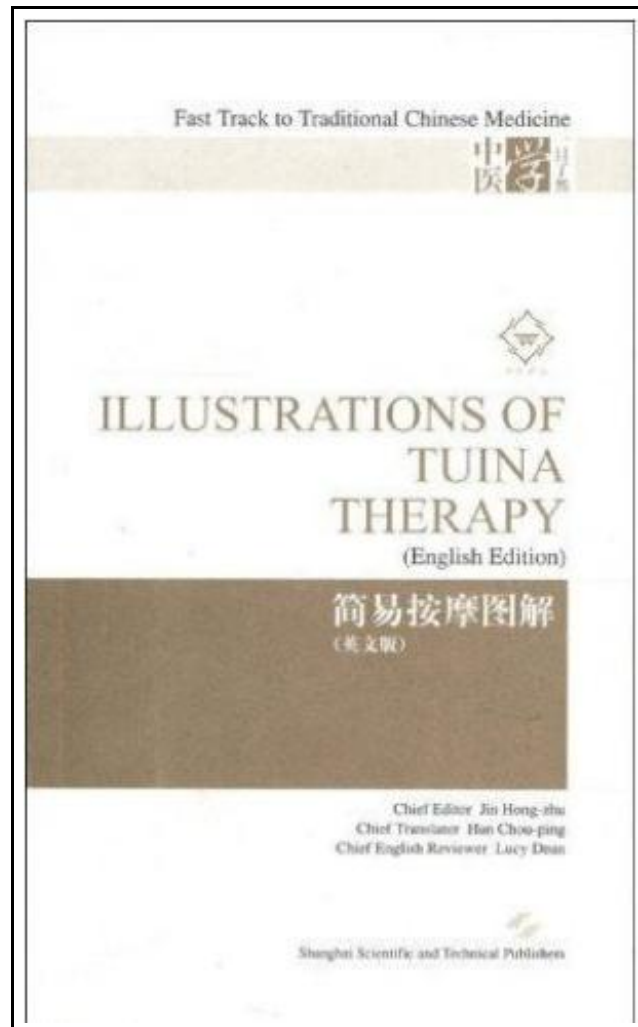


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Shanghai Science and Technology Press, 2009. Soft cover. Book Condition: New. 185\*130mm. This book introduces easy to administer tuina methods for 66 common diseases. There is a Chinese saying that states; sharp tools make good works; this edition; with colored illustrations; aims to serve as a sharp tool for those who prefer to deal common conditions using tuina manipulation. Part A Commonly Used Tuina Manipulations 1 Rolling ;Gun; manipulation 2 Kneading ;Rou; manipulation 3 Circular rubbing ;Mo; manipulation 4 Rubbing ;Ca; manipulation 5 Pushing ;Tui; manipulation 6 Twisting ;Cuo; manipulation 7 Vibrating ;Don; manipulation 8 Pressing ;Ya; manipulation 9 Digital pressing ;Dian; manipulation 10 Pinching ;Nie; manipulation 11 Twirling ;Nian; manipulation 12 Grasping ;Na; manipulation 13 Patting ;Pal; manipulation 14 Tapping ;Ji; manipulation 15 Shaking ;Yao; manipulation 16 Pulling ;Ban; manipulation 17 Plucking ;Tan; manipulation 18 Pulling and stretching ;Ba Shen; manipulation 19 Pressing and kneading ;An Rou; manipulation 20 Grasping and kneading ;Na Rou; manipulation Part B Tuina Therapy for Common Conditions 1 Stiff neck 2 Cervical spondylosis 3 Acute lumbar sprain 4 Chronic lumbar muscle strain 5 Degenerative spondylitis 6 Transverse process syndrome of the 3rd lumbar vertebra 7 Herniation of the lumbar intervertebral disc ;slipped disk; 8 Closed chest and hypochondrium injury 9 Subluxation of the sacroiliac joints 10 Piriformis syndrome 11 Lumbar myofasciitis 12 Shoulder periarthrits ;frozen shoulder; 13 External humeral epicondylitis 14 Internal humeral epicondylitis 15 Sprain/contusion of the wrist joint 16 Carpal-tunnel syndrome 17 Strain of the iliotibial band 18 Osteoarthritis of the knee 19 Sprain/contusion of the ankle joint 20 Tenosynovitis of the long head of the biceps brachii 21 Injury to the medial head of the biceps brachii 22 Supraspinatus tendonitis 23 Subacromial bursitis 24 Bursitis of the olecranon 25 Stenosing tendosynovitis of the radial styloid 26 Phalangeal tendosynovitis 27 Ganglion cyst 28...



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