

<<中国医疗保健推拿图谱>>

图书基本信息

书名：<<中国医疗保健推拿图谱>>

13位ISBN编号：9787119007199

10位ISBN编号：711900719X

出版时间：2006-1-1

出版时间：外文出版社

作者：孙树椿

页数：173

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<中国医疗保健推拿图谱>>

内容概要

ATLAS of THERAPEUTIC MOTION FOR TREATMENT AND HEALTH gives a detailed, step-by-step introduction to traditional Chinese massage and exercise therapy designed to treat a wide variety of muscle and bone ailments and generally improve the health. Illustrated with 499 color photos, the book is easy to follow for laymen and a good training manual for medical workers. It introduces ancient, completely natural methods of massage that have been developed and improved upon over the centuries and found effective for treating injuries, dislocated joints, arthritis, stiffness and spasms, and many other painful afflictions. Even healthy people will find the massage soothing and comfortable. The Atlas ends with a section detailing a series of gentle exercises that tone the muscles and lubricate the joints and are simple to learn by following descriptions and photos. The Atlas, written by a team headed by the prominent doctor of orthopaedics and traumatology Sun Shuchun, fills a need for natural, good health. Until recently, massage therapy was one of China's best-kept secrets. This Atlas is the most readable guide yet to this age-old branch of the health sciences.

<<中国医疗保健推拿图谱>>

作者简介

Dr . Sun Shuchun , chief editor of the Atlas , is an associate professor of orthopaedics and traumatology and Vice Director of the Institute of Orthopaedics and Traumatology under the Academy of Traditional Chinese Medicine of China . and an associate profess

书籍目录

General Outline The Basic Methods of Therapeutic Massage 1. Extension and flexion 2. Rocking 3 . Interception 4 . Torsion 5. Snapping and prodding 6. Rolling 7 . Pulling 8. Intermediate pummeling 9. Hitting 10. ACuDOjnt 11. Shaking 12. Pushing 13. Grasping 14. Pressing 15. Rubbing 16. Kneading 17. Dispersing 18. Squeezing 19. Chopping 20 . Aligning and smoothing Localized Treatments a 1 . The head and facial regions (1) Massage of the head (2) Massage of the temples and mandibular region 2 . The neck (1) Basic methods (2) Localized methods a) Kneading under traction b) Lifting and pushing c) Torsion Quick torsion method Torsion in a sitting position Torsion in a supine position d) Treatment for torticollis in children 3. The thoracic region a) Lifting b) Tapping and pounding c) Rotating 4. Lower back pain (1) The basic methods (2) The localized methods a) Spinal pinching b) Pushing and tapping c) Flexion and pressing with traction d) The three lifting movements e) Pressing on the back and rocking the legs f) Rocking the lower back g) Pressing in hyperextension h) Pressure in a bent knee position i) Rocking the lower back in a supine position j) Taking steps in the air k) Rocking in a sitting position l) Rolling on a bed m) Stretching the back from a standing position n) Flexion and extending of the lumbar spine o) Hip lift p) Carrying q) Bending on a bed r) Twisting the lumbar spine s) Stepping t) Treating the upper thoracic Vertebrae Appendix : a) Treatment for realposition of the pubic bone b) Treating strains of the sacrococcygeal region 5 . The shoulder region (1) The basic methods (2) The localized methods a) The anterior aspect of the shoulder b) The top of the shoulder c) The back of the shoulder d) The scapular region e) Therapy for periarthritis of the shoulderExercise Therapy

<<中国医疗保健推拿图谱>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>