

## Chapter 5

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# Pediatric tuina: main techniques and locations

Tuina specific to pediatric applications mainly uses the techniques of kneading (*rou* 揉) and pushing (*tui* 推), along with a variant of the latter – pushing apart or opening (*fentui* 分推). There are only a few points or areas where other alternative techniques may be preferred.

It is possible to employ all the various tuina techniques in pediatrics, but since these are mostly used in the treatment of musculoskeletal conditions, they should be applied to children with an appropriate adjustment to the techniques used in adult clinics.

### Main techniques (*fa* 法)

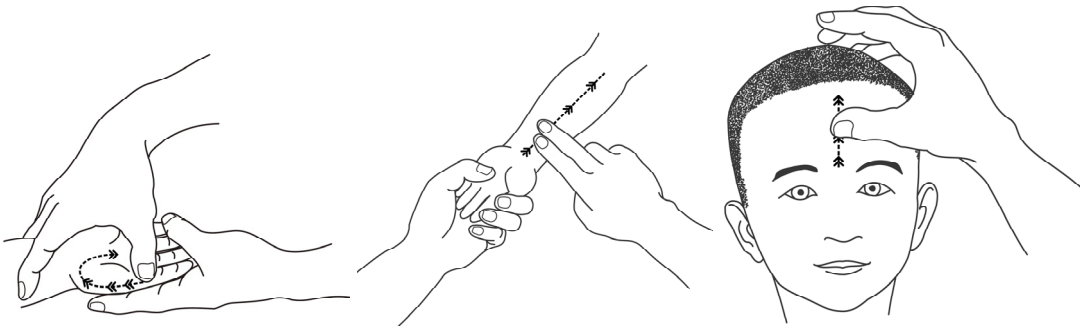
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***Tui fa* 推法 Pushing: Rubbing along a line, sliding over the skin**

*Area of application:* Along lines (for example, *Xinmen*, *Liu fu*, *Qijiegn*).

*Note:* This is a kind of rubbing massage movement performed with a steady rhythm, uniform pressure and always in the same direction; it is generally executed more rapidly than the *tui fa* technique in adults. Pressure should be relatively gentle (children's skin is delicate), but more forceful than just brushing over the skin.

- To supplement (*bu* 补) and reinforce, push (*tui*) from the periphery toward the center, for example from the tip to the base of the finger or from the coccyx toward the sacrum.



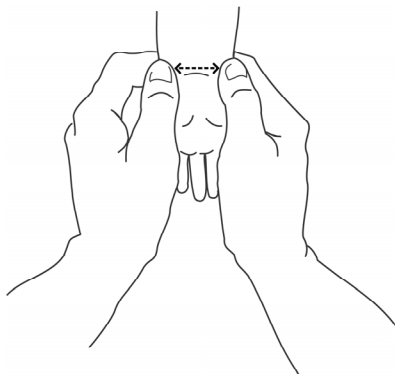
**Figure 5.1** *Tui fa* – *Shuidi laoyue*, Fishing for the Moon in the Water (Fig. 5.23); *Tianheshui*, Heavenly River Water (Fig. 5.36); *Tianmen*, Heaven Gate (Fig. 5.40)

- To clear (*qing* 清) and drain, push (*tui*) from the center toward the periphery, for example from the base to the tip of the finger (or else just the pulp of the fingertip) or from the sacrum toward the coccyx.

**Fentui 分推 Pushing apart, a variant of *tui fa*: “Opening up” toward the exterior from one particular point**

*Area of application.* Along lines opening up from one particular point (for example, *Kangong*, *Fuyinyang*, *Jianjiagu*).

*Note.* Pressure and rhythm are similar to *tui fa*, but the radial corner of the pulp of both thumbs is used.

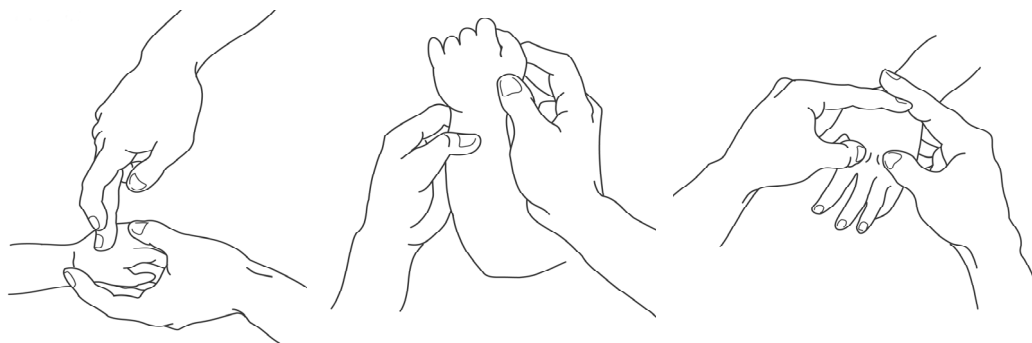


**Figure 5.2** *Fentui* – *Shouyinyang*, Hand Yin Yang (Fig. 5.28)

**Rou fa 揉法 Kneading: This action produces a sort of internal wave**

*Area of application.* At individual points with the tip of a finger (for example, *Erma*, *Guivei*, *Zusanli*) or on the abdomen with the hand (for example, *Roufu*).

*Note.* Movement is deep but light and rhythmic. The finger or hand should always remain in contact with the skin and move the subcutaneous tissues without sliding over or rubbing the skin.



**Figure 5.3** *Rou fa* – *Wailaogong*, Outer Palace of Toil (Fig. 5.32); *Boyangchi*, Arm Yang Pool (Fig. 5.38); *Ershanmen*, Two Panels Gate (Fig. 5.30)