

MODERN TUI NA AND ACUPUNCTURE ENHANCED TECHNIQUES

COURSE OBJECTIVES

1. Exposure to the most advanced TCM techniques available in China today and learning how to treat patients accordingly
2. Deepen understanding and ability to practice acupuncture in combination with Tui Na
3. Provide opportunity for hands-on Tui Na practice with feedback from other practitioners and Dr. Chen
4. Enhance ability to diagnose numerous orthopedic ailments, injuries and diseases
5. Understand a full TCM treatment approach to these ailments including acupuncture points, Tui Na and Chinese herb usage

LEARNING APPROACH

In each class, Dr. Chen will use lecture, discussion and hands-on practice to ensure mastery of the diagnostic and treatment techniques. A course notebook will provide study materials, drawings and explanations of the material covered. Additionally, students are encouraged to bring their patient case studies which will enable discussion of the diagnostic and treatment techniques which will also benefit the patient immediately.

A video of the techniques will be provided for study and practice outside of class.

COURSE CERTIFICATION

To obtain CEU credit, students are required to practice hands-on with their fellow students and with Dr. Chen for final evaluation. A signed certificate will be provided as course work is completed.

All East West Healing Center course materials are considered proprietary and confidential and should not be copied or distributed to anyone at any time.

COURSE OUTLINE

DATE	TOPIC	TECHNIQUE
June 4, 2005	Introduction to origin and developments in TuiNa and acupuncture	Basic manipulations: Pushing/ Tui Fa Grasping/Na Fa
June 11	Needle manipulations Jin Shen Fa	Pressing / An Fa Rubbing, round rubbing, wiping/ Mo Kneading/ Rou Fa Rolling/ Gun Fa Chafing/Ca Fa Rub rolling/Cou Fa Shaking/Dou Fa Chopping/Da Fa
June 18	Supplementing/Bu Dispersing/Xie Methods of acupuncture Combined manipulations	Roll, knead/ Gun Rou Pushing, grasping/Tui Na Opposable pushing/Dui Ji Wave-like manipulation/Tui Da
June 25	Manipulating the needle after insertion/Xing Shen Fa Combined manipulations for joints	Pulling, stretching/Ba Shen Joint bending/Qu Shen Pulling and turning Xie Ban Pushing and pulling/Zhi Ban

		Pulling and rotating/Yao Huang
July 9	Combining Tui Na and acupuncture for specific treatments	Supraspinatus Tendinitis, Bicipital Tendinitis
July 16	"	Frozen shoulder, Tennis elbow Tenosynovitis of extensor carpi radialis longus (De Quervain's Syndrome) Trigger finger Tenosynovitis (Depuytren's Contracture)
July 23	"	Crepitus Syndrome of hip and shoulder Adductors group injury Piriformis Syndrome
July 30	"	Injuries of the ligaments of the knee joint Injuries of the semilunar cartilages Chondromalacia of patella
August 6	"	Osteoarthritis of the knee Inflammation of the fat pad of the knee, Prepatellar Bursitis
August 13	"	Foot and heel pain, ankle injury
August 20	Combining acupuncture and Tui Na for specific treatments	Muscle injury of the neck, Torticollis Cervical Spondylosis, Fibromyalgia
August 27	"	Lumbar muscle injuries, Chronic low back strain, Lumbar Spinal Stenosis
September 10	"	Lumbar Herniated disc, Injury of the Sacroiliac Joint, Spondylolysis, Spondylolisthesis
September 17	Differential diagnosis techniques	Lower back, shoulder, neck
September 24	Review Certification for CEU's	