



ACUPRESSURE & TRADITIONAL CHINESE MASSAGE THERAPY

Accredited with the
International Practitioners of Holistic Medicine



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**THIS IS A COURSE
IN THE PRINCIPLES AND
PRACTICE OF ACUPRESSURE MASSAGE THERAPY**

Welcome to The School of Fine Tuning Acupressure and TCM Therapy Course. By enrolling on this course you have taken the first step in becoming a successful Acupressure Massage Therapist.

This course can only be completed by those who are already qualified in full body massage.

HOW TO STUDY THIS COURSE

The Acupressure Massage Therapy Course consists of ten modules. Each element is designed to introduce you to an aspect of Acupressure and Traditional Chinese Massage. When you have completed all the modules successfully, you will be able to add this treatment to your therapy menu.

Simply reading this course will not make you a competent Therapist. To get the most out of this course you will need to apply what you learn and proceed in a conscientious manner:

Find a quiet place to study your course. Distractions will not be conducive to progress.

Study the modules at a sensible pace, do not rush, take your time.

Read each module carefully and make sure that you understand it before you move on to the next element.

Make notes as you go along, underline any paragraphs and sentences which you feel you would like to remember.

These are very simple guidelines, but if you follow them then you are sure to get the maximum possible benefit from this course. Apply yourself and you will learn more and enjoy this Acupressure Massage Course more than you ever expected.

When you have completed all the modules and you are confident that you understand them, move on to complete the questions which appear on the final pages. **Some questions are very simple and will only require a little effort. Others require more effort and research and will, therefore, take longer to complete.**

Once you have completed all 10 modules, please send your coursework to anna@theschooloffinetuning.com with the name you would like on your certificate.

To support this course, we recommended Reading:
A Practical Guide to AcuPoints – Chris Jarmey and Ilaira Bouratinos. Acupressure – Denis Jevon.
The Web that Has No Weaver – Ted J Kapchuk.

ACUPRESSURE & TCM MASSAGE COURSE

1. What is Acupressure Massage
2. History of Acupressure & TCM Massage
3. Health & Safety, Professional Ethics
4. Anatomy & Physiology
5. What are Yin and Yang
6. Meridians

7. Meridian Locations

8. Benefits and Contraindications to Massage and Consultation

9. Massage Technique and Routine

10. Assessment & Case Studies, Insurance Details.

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MODULE 1 - WHAT IS ACUPRESSURE MASSAGE

Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease. Sometimes called pressure acupuncture, acupressure is often thought of as acupuncture without the needles, as manual pressure is used to stimulate specific points on the body, along what are considered to be energy lines.

Acupressure Massage is an ancient form of alternative healing therapy given to the manual pressure that works closely with Chinese massage, and is the name given to the technique of stimulating the same points that would be worked during acupuncture, but by using pressure alone, not needles, but can be used to treat most of the same conditions as acupuncture

It works on the following principles:

- . It affects the Chi (Energy)
- . It uses special Chinese Massage strokes
- . It works and massages the meridians
- . It uses acupressure on specific points to treat illness.
- . Diagnosis can be made through the use of Chinese Medicine and then treated with specific massage strokes and acupressure.

Chi (Qi)

What is Chi - (Qi) is the Chinese word for 'Energy'. The energy, or Chi, runs through meridians in the body in a harmonious way, when healthy. During illness, the Chi runs too fast, or slow causing the meridians to become blocked.

Common factors can include:

Excess Chi Flow

Physical: Stress, Overwork, Overtiredness, Overeating

Emotional: Joy, Fear, Anger, Sadness, Anxiety

Deficient Chi Flow

Physical: Poor Diet, lack of sleep, lack of exercise

Emotional: Depression

Other ways Chi flow can be affected are:

- . Unhappy relationships
- . Jealousy
- . Mania
- . Weather – Wind, cold, damp, dryness, heat
- . Constipation
- . Pollution
- . Medication
- . Alcohol
- . Drugs
- . Trauma
- . Smoking
- . Infections or Illnesses

Ways to help and harmonise the chi flow:

- . Tui Na
- . Yoga
- . Tai Chi
- . Meditation

The role of acupressure has been paramount in traditional Chinese medicine (TCM) for more than 2000 years, and the fact that it is still in use today is a testimony to its effectiveness in the treatment of illness and pain. Acupressure is essentially a method of sending a signal to the body (by needle or other means) to “turn on” its own self-healing or regulatory mechanisms. Normally, Qi (vital energy) circulates through natural pathways in the body called meridians. Blockage of this flow or an imbalance in Yin and Yang can cause illness and pain. Acupressure helps to correct functional imbalances and restore the flow thus returning the body to a more natural state of well-being.

Acupressure is an effective form of stimulation used to help relax the muscles. If done regularly, this method of massage to others and self-massage can sustain improvement and minimize recurrence of symptoms. Be patient and consistent when practicing acupressure on them.

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QUESTIONS – MODULE 1

1. In your own words, describe Chi.
2. What factors can help and harmonise Chi flow?
3. What is acupressure?
4. How does it differ from acupuncture?
5. What is Tui Na?
6. What factors influence deficient Chi flow?
7. How long has acupressure been paramount in Traditional Chinese Medicine?
8. Describe Yin and Yang.

MODULE 2-HISTORY OF ACUPRESSURE MASSAGE

The History of Acupressure begins with Acupuncture. There are different schools of thought that advocate its geographical origin and the country and civilisation that gave it a methodical look. In this context, some give credit to China and some to India.

The history of the evolution of mankind, disease and Acupressure therapy are all co-related to each other. The essence of this statement is that when man evolved there were no systematic health science (Allopathy, Homeopathy, Ayurveda etc.) to help him to cope with his illness. All systematic health sciences developed when man became civilised. But man certainly had something with him from the very beginning that used to protect and cure him of his illness

Acupuncture is one of the oldest medical treatments in existence, originating in China more than 2,500 years ago. Its philosophy is rooted in the traditional teachings of **Taoism**, which promotes harmony between humans and the world around them, and a balance between yin and yang. However, the philosophy of acupuncture goes back over 8,000 years. People during this time period would meditate and observe the flow of energy within.

Several pivotal texts throughout the centuries helped promote acupuncture's tenets. The earliest mention of acupuncture can be found in the "The Nei Jing (Yellow Emperor's Classic of Internal Medicine)" by Huang Di, which dates back to around 300 B.C. The book describes various diseases, their origins and descriptions of acupuncture points. He discussed the whole spectrum of the Chinese Medical Arts; these conversations would later become the text The Nei Jing (The Yellow Emperors Classic of Internal Medicine) a medical classic summarizing Chinese medical knowledge before the Qin and Han Dynasties from 221 B.C. to 220 A.D.

In 260 A.D., the well-known physician Huang-Fu Mi compiled a 12-volume text describing acupuncture, called the "Zhen Jiu Jia Yi Jing (Comprehensive Manual of Acupuncture and Moxibustion)." His book

describes many of the acupuncture points that are used today, with an explanation of where and how deeply to insert each needle.

The earliest acupuncturists used needles made from stone and bone. Later, needles were made from metal (bronze, gold, and silver). Originally, there were only 365 pressure points in the body, each of which corresponded to a different day of the year. Eventually, that number grew to more than 2,000 different points.

During the new Stone Age in China, stones were refined into fine needles and served as instruments of healing. That technique is called Bian Stone, which means, use of a sharp edged stone to treat disease. An archeological dig in 1968 in Mancheng County, Hebei Province, confirmed the use of these tools when five silver and four gold needles were found in a tomb buried in 113 B.C.

By the early 19th century, travellers to China were introducing acupuncture to the West. Doctors in Europe and the United States began experimenting with the technique. One of acupuncture's biggest early proponents in the West was a French scholar named George Soulie de Morant. He travelled to China at the turn of the 20th century. When he returned to France after nearly two decades, he introduced French physicians to the classical acupuncture texts and techniques.

Acupuncture became popular in the United States in the 1970s, buoyed by President Nixon's trip to China. The first known mention of acupuncture in the American media was an article by "New York Times" reporter James Reston, in which he described how acupuncture relieved his pain after appendix surgery.

In the last three decades, acupuncture has caught on and has gained credibility in the United States. Today, there are established guidelines that govern its use, and organized societies of trained acupuncture professionals. According to the 2002 National Health Interview survey- the biggest survey of complementary and alternative medicine to date- an estimated 8.2 million American adults have tried acupuncture.

In India the belief is that when nature created the universe it made all substances by combining five elements— *Akash, Agni, Prithvi, Vayu* and *Jala*. These elements are to be found in all living and non-living beings of the nature. But one exclusive thing that the nature poured on the living objects is '**PRANA**'. *Prana* is the sixth essential quality of all living organisms (in addition to the five elements) that makes it animated and distinguishes it from all non-living objects. Presence of prana provides life and health. Deficiency or excess of it causes disease. The absence of *prana* is death of the organism.

Disturbance in the flow of *prana* causes disease. Thus to help man to cope with disease, nature equipped him with self-healing mechanism that protects him from illness. That self-healing mechanism are the points located on the surface of the human body. The points are the openings or gates that allow the entry and exit of *prana* from of the body. Thus sub-consciously man presses and massages the different parts of the body out of distress in a state of illness. This pressure or massage is used to stimulate the points as a result of which the obstructed Prana flows uninterruptedly and balance of *Prana* within the body gets corrected.

Before WHO's recognition the people of America, particularly Red Indian tribes, used to practise Reflex Zone Therapy (Reflexology) which is a part of Acupressure. Though it cannot be proved, specialists tend to agree that it was **Dr. William Fitzgerald** who first came across Zone therapy as practised by the Red-Indians, and it is to his observation and studies that we owe our concepts of reflexology. Dr. William Henry Fitzgerald (1872-1942), an ENT specialist, developed the zone therapy and published his findings on this form of healing in 1913, and hence he is called the Father of Modern Reflexology. Reflexology, in its present form, is an important part of Acupressure therapy.

With the evolution of mankind it gradually came to be known that there are points in the body that have the potentials of healing. Subsequently, these points got a methodical look and came to be known as Reflex or Acupressure points.

So, whilst we cannot know for sure which continent Acupuncture and Acupressure originated, we do know that it is of benefit to all.

QUESTIONS – MODULE 2

1. What is Taoism?
2. How far does the philosophy of acupuncture go back?
3. What did the early acupuncturists use?
4. How many pressure points were there originally, and how many has the number grown to?
5. Who was the French scholar who was one of acupuncture's biggest proponents.
6. When did acupuncture become popular in the United States and why?
7. How many American adults had tried acupuncture in 2002?
8. In India, what are the 5 elements to be found in living and non-living beings?
9. In your own words describe Prana.

MODULE 3 - HEALTH AND SAFETY

When providing a massage treatment, as with all therapies, you must follow legal, hygiene and treatment requirements to meet industry standards. This module covers all the information needed for you to have an understanding and the knowledge needed for Health and Safety, Data Protection, Hygiene and Professional Ethics.

Health and Safety Law

Any person dealing with members of the public has to be aware of the relevant Health and Safety laws, and how to use it to be safe.

Below is a brief summary of relevant Health and Safety Laws.

Health and Safety at Work etc. Act 1974

Although primarily intended for employers, the aims of this act should be considered as good practice by all self employed persons who work alone.

“...The Health and Safety at Work etc. Act 1974, also referred to as HASAW or HSW, is the primary piece of legislation covering occupational health and safety in the United Kingdom. The Health and Safety Executive, also referred to as HSE, is responsible for enforcing the Act and a number of other Acts and Statutory Instruments relevant to the working environment...”

The Act makes it clear that an employer has a ‘duty of care’ to look after, as far as possible, the employees health, safety and welfare whilst at work and that of any visitors to their premises such as customers, suppliers and the general public.

The Health and Safety Executive summarise the employers and employees responsibilities under the Act in a publication called 'Health and Safety Law – What you need to know' (ISBN 978 0 7176 6350 7, published 04/09) as follows:

What employers must do for you:

1. Decide what could harm you in your job and the precautions to stop it. This is part of risk assessment.
2. In a way you understand, explain how risks will be controlled and tell you who is responsible for this.
3. Consult and work with you and your health and safety representatives in protecting everyone from harm in the workplace.
4. Free of charge; give you the health and safety training you need to do your job.
5. Free of charge, provide you with any equipment and protective clothing you need, and ensure it is properly looked after.
6. Provide toilets, washing facilities and drinking water.
7. Provide adequate first-aid facilities.
8. Report injuries, diseases and dangerous incidents at work to the HSE Incident Contact Centre: 0845 300 9923
9. Have insurance that covers you in case you get hurt at work or ill through work. Display a hard copy or electronic copy of the current insurance certificate where you can easily read it.
10. Work with any other employers or contractors sharing the workplace or providing employees (such as agency workers), so that everyone's health and safety is protected.

What employees must do?

1. Follow the training you have received when using any work items your employer has given you.
2. Take reasonable care of your own and other people's health and safety.
3. Co-operate with your employer on health and safety.
4. Tell someone (your employer, supervisor, or health and safety representative) if you think the work or inadequate precautions are putting anyone's health and safety at risk.

The Personal Protective Equipment at Work Regulations 1992

Whether you are self-employed or an employer you have basic duties concerning the provision and use of personal protective equipment (PPE) at work.

“...every employer shall ensure that suitable personal protective equipment is provided to his employees who may be exposed to a risk to their health and safety while at work...”

To allow the right type of PPE to be chosen, the employer should carefully consider the different hazards in the workplace. The regulation provides a list of criteria to consider when assessing whether PPE is suitable as follows:

1. Is it appropriate for the risks involved and the conditions at the place where the exposure to the risk may occur?
2. Does it prevent or adequately control the risks involved without increasing the overall level of risk?
3. Can it be adjusted to fit the wearer correctly?
4. Has the state of health of those who will be wearing it been taken into account?
5. What are the needs of the job and the demands it places on the wearer (e.g. the length of time the PPE needs to be worn)?

The regulation also stipulates that any personnel using PPE should be made aware of why it is needed, when it is to be used, repaired or replaced and its limitations of use. The employer has a duty to train and instruct people how to use PPE properly and must ensure they are doing this.

Personal Protective Equipment

With respect to the provision of treatments, the employer should ensure that protective clothing, such as disposable overalls for work wear are provided and used and that cleanliness, freshness and professionalism is maintained at all times. It should be noted that Clients clothing may also need to be protected.

Protection against infectious diseases is also essential. Use of protective gloves is important if there is a chance of blood or tissue fluid being passed from one person to another, such as through an open cut or broken skin. According to the Health and Safety Executive the following points need to be considered by the employer and/or therapist with respect to the use of protective gloves:

- Provide protective gloves for handling nail products and solvents, single-use gloves are acceptable. If you must use latex gloves, use only 'low protein, powder-free' gloves.
- Throw away 'single-use' gloves every time they are taken off.
- Skin creams are important for skin condition. They help in washing contamination from the skin. After-work creams help to replace skin oils.

Control of Substances Hazardous to Health Regulations 2002 (COSHH)

The Control of Substances Hazardous to Health (COSHH) Regulations controls the safe use, disposal and storage of products. The regulations are applicable across all industries including the Massage industry and

"...using chemicals or other hazardous substances at work can put people's health at risk, causing diseases including asthma, dermatitis or cancer. The COSHH regulations require employers to control substances that can harm workers' health..."

It is the therapists' and the employers' responsibilities to ensure all measurements are taken to ensure the correct use, storage and disposal of products.

Many preparations used in treatments are governed by these regulations, so knowledge in the correct use of these products is essential; where necessary get information from the product representative, observe any warning labels for safe use on the product container, packaging or leaflet.

Skin products are non-hazardous, non-flammable if they contain less than 10% alcohol. No special handling and storage precautions are needed.

The next section discusses the Cosmetic Products (Safety) Regulations 1996, which itemises the minimum information that must be clearly labelled on a cosmetic product.

First Aid Procedures -







Ingestion: Drink milk or water and seek medical attention.

Inhalation: Avoid, if however prolonged inhalation occurs, get some fresh air and keep warm.

Skin Contact: Avoid, if however prolonged contact occurs, wash well with water; seek medical advice if irritation persists.

Eye Contact: Wash well with water for a minimum of 15 minutes and seek medical advice immediately.

Hazard symbols

Corrosive	Oxidising agent	Flammable
		
Irritant	Dust	Poison
		

The Cosmetic Products (Safety) Regulations 2004

The Cosmetic Products (Safety) Regulations 1996 defined 'a cosmetic product as any substance/preparation that is used on the skin, teeth,

hair, nails, lips...with the intention to cleanse, perfume, and change the appearance of, protect, keep in good condition or to correct body odours'. This covers most things used in Beauty Therapy.

The following information must be clearly labelled on a cosmetic product:

- List of ingredients
- Name and address of manufacturer/supplier
- Minimum shelf life
- Storage instructions
- Warnings and precautions
- Batch number or lot code
- Its function
- Its weight

The Provision and Use of Work Equipment Regulations 1998

This is to ensure that all equipment in the work place is properly maintained, fit for purpose and in a good state of repair.

The Fire Precautions (workplace) Regulations 1997 (amended in 1999)

This regulation brings together existing health and safety and fire legislation. These aim to achieve risk appropriate standard of fire safety for persons in the work place. You need to be aware of the procedures involved in the event of a fire, preferably through the displaying of a notice. Some form of fire fighting equipment-even a fire blanket is recommended. You clients safety is your responsibility.

The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 1995

These regulations cover the recording and reporting of any serious accidents and conditions to the local environmental health office. An investigation of the accident will be made by the officer and recommendations are made so preventing the accident from happening again. The officer can also assess the risk factors in each instance.

If you are a mobile therapist and have an accident yourself or you injure your client whilst working in someone's home you must report it.

Employers' Liability (Compulsory Insurance) Act 1969

Liability insurance must be held by employers and self-employed persons. This reimburses them against any legal liability to pay compensation to employees for bodily injury, illness or disease caused during the course of their employment.

Consumer Protection Act 1987

This Act follows European laws to protect the consumer from product liability, general safety requirements and misleading prices. This means that only reputable products should be used and sold. So products remain in good condition care should be taken in handling and storing products. You need to be aware of consumer protection laws when selling products and using them in a treatment.

The Consumer Protection from Unfair Trading Regulations 2008

As a retailer you must not:

- Make false contrasts between present and previous prices
- Claim to offer products at half price unless they have already been offered at the full price for at least 28 days prior to the sale.
- Products must also be labelled with their country of origin.

Other related Acts:

Supply of Goods and Services Act 1982 amended 2003

Sale and Supply of Goods Act 1994

The Sale and Supply of Goods to Consumers Regulations 2002

Performing Rights- within Copyright, designs and Patents Act 1988

This Act is intended to protect the people who write music but do not get the royalty payments they should when the music is played.

A body called the PPL is responsible for collecting licence payments from those wishing to use music. The PPL can take legal action against any person who does not pay a licence fee to use music. So all salons, spas, therapy centres and exercise instructors need to purchase music that has a built in license. This can be more expensive to purchase. It does save all the worry of a heavy fine.

Most good specialist music shops have a section of licensed music.

Data Protection Act 1998

The Data Protection Act is mandatory. ALL organisations that hold or process personal data MUST comply.

The purpose of the Act is to protect the rights of the individual about whom data is obtained, stored, processed or supplied rather than those of the people or organisations who control and use personal data. The Act applies to both computerised and paper records.

The Act requires that appropriate security measures will be taken against unauthorised access to, or alteration, disclosure or destruction of personal data and against accidental loss or destruction of personal data.

The 1998 Act applies to:

- Computerised personal data
- Personal data held in structured manual files

It applies to anything at all done to personal data ("processing"), including collection, use, disclosure, destruction and merely holding data.

Principles of Data Protection

The Act is based on eight principles stating that data must be:

1. Fairly and lawfully processed
2. Processed for limited purposes
3. Adequate, relevant and not excessive
4. Accurate
5. Not kept longer than necessary
6. Processed in accordance with the data subjects rights
7. Secure
8. Not transferred to other countries without adequate protection

Local Authority Bye-Laws

Local government by-laws are decided by the local authority or borough council of an area. This law can differ depending on your area and advice can be obtained from the local authority to check whether you need a licence.

Professional Indemnity Insurance

Everybody providing beauty/massage treatments should have this insurance protection, regardless of how few or how many treatments they carry out.

Contact your professional body for the best deals on these kinds of insurance.

Sale of Goods Act 1979; Sale and Supply of Goods Act 1994

Goods should be merchantable: of a sufficient quality to be sold and not faulty.

Goods should be fit for any purpose and made known, either expressly or by implication, e.g. the product or service should do what you are recommending it will do.

Goods must be as described. For example, a natural make-up brush must not be made of man-made materials.

Trade Descriptions Act 1968

It is a criminal offence for a trader to make false claims about goods or services offered for sale. For example, you must not say that a moisturiser will make a client look 20 years younger, or state anything that is not achievable. You can suggest treatments that may improve the condition of the client's skin over a period of time, but you must be realistic in your description of the benefits of the product or treatment.

As a professional therapist, good hygiene is essential to maintain your own health and that of your clients' and colleagues. The word hygiene can be defined as follows:

"...conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness..."

Massage therapy treatments require close human contact, so care must be taken to provide the maximum protection against cross-infection. Nevertheless there is no such thing as a completely sterile environment. Expert advice on hygiene can be confusing. The most valuable up-to-date information can be gained from your awarding body's code of ethics or practice. These guidelines have been established on behalf of the beauty industry, and are most likely recent.

Infection can occur due to microorganisms, too small to be seen by the naked eye. These microorganisms are ever present in the environment and can cause different types of infection or disease; some of the more common ones are listed in Table 1 below.

Micro-organism	Disease
Bacteria	Boils, impetigo, sore throats, meningitis, pneumonia, diphtheria, TB, typhoid fever, tetanus (lock jaw), whooping cough
Viruses	Common cold, flu, cold sores (Herpes simplex) warts, measles, rubella, mumps, chicken pox Hepatitis A, B and C, HIV
Fungal / Yeast Infections	Ringworm of the foot, body, head and nails, thrush, infection to the heart and lungs, which may prove fatal
Protozoa	Diarrhoea, malaria, amoebic dysentery

Table 1 - Common Microorganisms and Associated Diseases

Microorganisms can enter the human body and cause infection by many routes:

- Through broken or damaged skin

- Through ear, nose throat and mouth
- Into hair follicles
- Into the blood stream via a bite from blood sucking insects (e.g. malaria)

Once infection has occurred, diseases can be spread in several ways:

- Direct contact with a person who has a disease or infection
- Infection from droplets in the air
- Indirectly – when you touch an infected item such as a towel or cotton wool

All good hygiene practices should be continuously carried out to ensure that no cross-infection takes place. This process starts with preparation of the work area before a treatment, continues during the treatment itself and finishes with a final clean-up at the end of the treatment, ready for your next client. In addition to the obvious health benefits, this continuous attention to hygiene awards you a professional appearance and helps to establish your client's' confidence in you.

Methods of hygiene used in a manicure treatment:

- Wash hands before and after every client
- Where appropriate, place tools in chemical sterilising fluid or autoclave. Place in barbicide jar during treatments (note: plastic tools can only be placed in sterilising fluid)
- Wooden tools and emery boards can either be sprayed with a specialised disinfectant spray or disposed of
- Always use a clean towel for each client and all towels washed at high temperature
- Waste must be disposed of correctly*
- Use a spatula to remove products from containers.

**all waste must be placed in a lined bin with a lid. Barbicide must not be poured down the drain, soak up left over liquid in couch roll and put in a bin.*

There are several facets to consider with regard to hygiene, some of which are listed below:

- Salon Hygiene

- Personal Hygiene
- Hygiene Understanding
- Protection against possible risks
- Immunisation
- Client Consultation
- Client Hygiene
-

Professional Ethics

Therapists shall:-

- Demonstrate commitment to provide the highest quality treatment to those who seek their professional service.
- Not discriminate or behave in any prejudicial manner with clients and colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, weaknesses, limitations and effectiveness by continued professional development in education and training.
- Respect the confidential nature of the professional relationship with clients and acknowledge each client's right to privacy.
- Conduct all business activities within the law and project a professional image for yourself, your business and the profession in general.
- Accept responsibility to refrain from or do any harm to the physical, mental and emotional well-being of clients, self or associates.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Practice honesty in advertising and promote any services ethically and only for those which you have received adequate training. To ensure that you do not make false or dishonest claims regarding the potential benefits of the service(s) offered.

- c) Economic
- d) Customer Requirement

7) Explain the importance of hygienic waste disposal.

8) Explain the importance of maintaining a suitable environment, including heating, lighting ventilation.

9) List the contents of a first aid box (as required by legislation).

10) Explain Sterilisation, Antiseptic and Disinfectant.

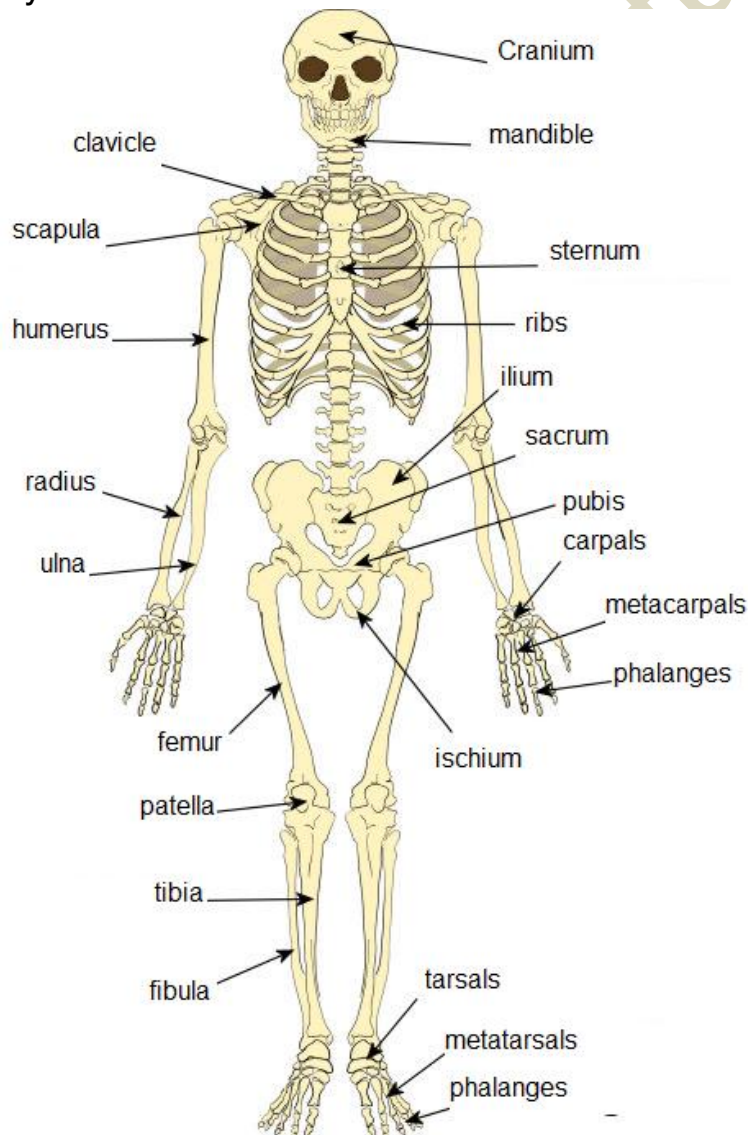
11) Write a brief risk assessment for your own treatment room, client's home or room in care home that you would need to take into consideration.

Anatomy and Physiology

As providers of treatments it is important to have an understanding of how the human body works, and most importantly, how our treatments, can affect the body.

This section of the manual will address those areas of anatomy and physiology particularly pertinent to the provision of treatments and is intended only to provide an introduction to the subject. It is recommended that students should carry out their own research; there are many excellent books available that provide broader and deeper information on the subject.

The Skeletal System



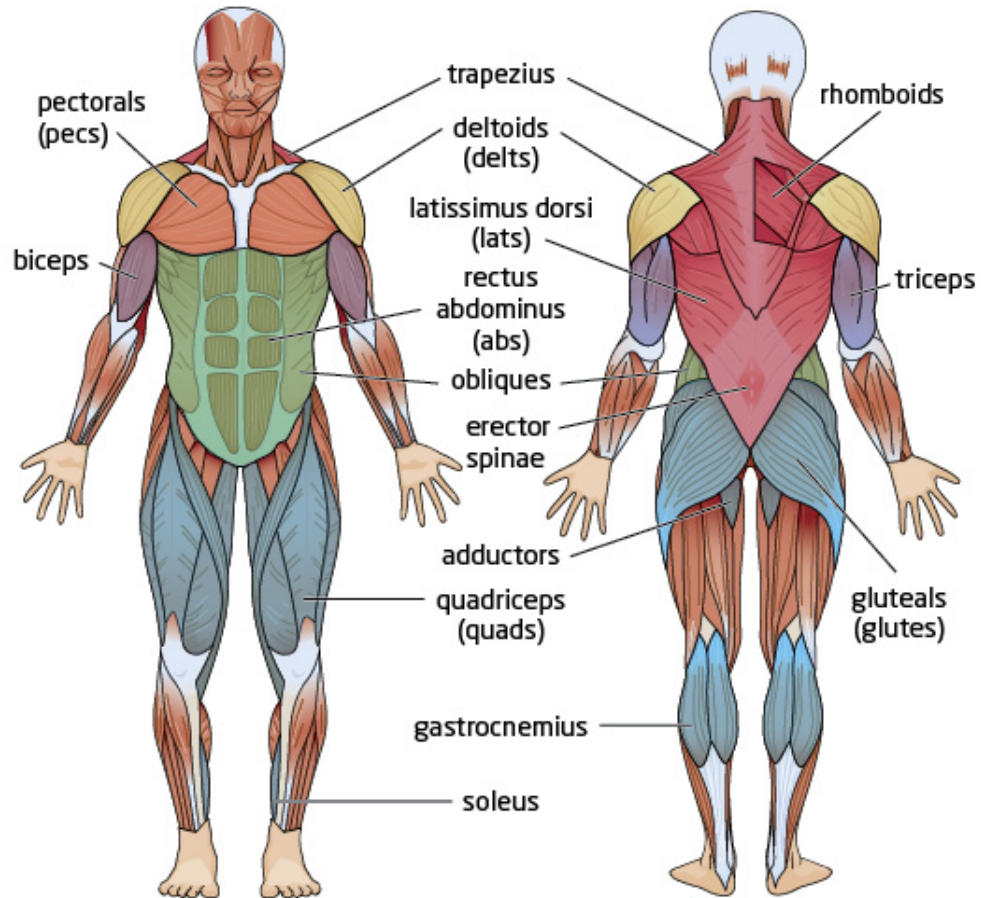
Functions of the skeleton

- Support – bears weight of all other body tissues
- Attachment for muscles and tendons
- Protection of vital organs
- Development of red blood cells in bone marrow
- Mineral reservoir
- Movement of the body

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The Muscular System

- The muscular system moves the body
- The body has more than 600 muscles
- Muscle tissue makes up 40 – 50% of body weight



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The Cardio-Vascular System

The cardiovascular system is made up of Blood, Blood Vessels and the Heart.

Blood

Blood is made up of 55% fluid - plasma, which is 91% water and 9% waste and hormones. The remaining 45% is blood cells which are subdivided into:

Erythrocytes

- About 5.5million per drop of blood
- Formed in the red bone marrow
- Live for 3-4 months then broken down in the liver and spleen
- Contain the pigment haemoglobin
- Function is to transport oxygen around the body

Leucocytes

- Larger than red blood cells
- 10,000 in a drop of blood
- Can change their shape in order to squeeze through small spaces and reach any part of the body
- Function is to protect us from disease

Thrombocytes

- Tiny fragments of cells
- 200,000 in a drop of blood
- Produced in the bone marrow
- Live for up to 2 weeks
- Function is to release an enzyme in the clotting process
- Therefore help prevent loss of blood

Functions of Blood

- Transport of oxygen and carbon dioxide, nutrients waste and hormones.
- Defence using white cells.
- Regulation of heat
- Clotting

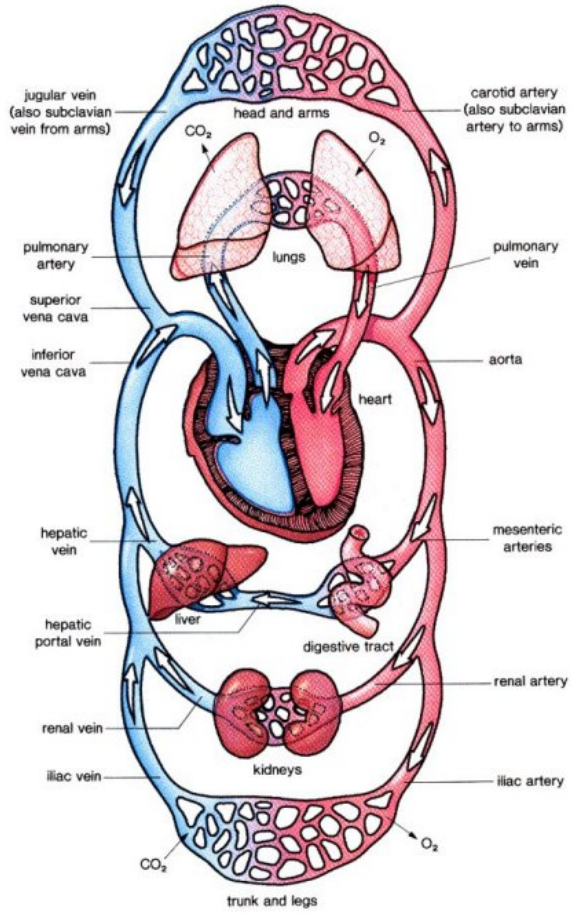
Blood Vessels

- Arteries - High pressure and take blood away from the heart and carry oxygenated blood to the lungs.
- Veins - Low pressure, return blood to the heart and carry deoxygenated blood from the lungs.
- Capillaries - These are the smallest vessels and have intermediate pressure and they supply cells and tissues with nutrients.

The Heart

The heart is the pump in the vascular system and maintains a constant circulation of blood throughout the body. Pulmonary circulation is the flow of blood from the lungs to the heart and back again.

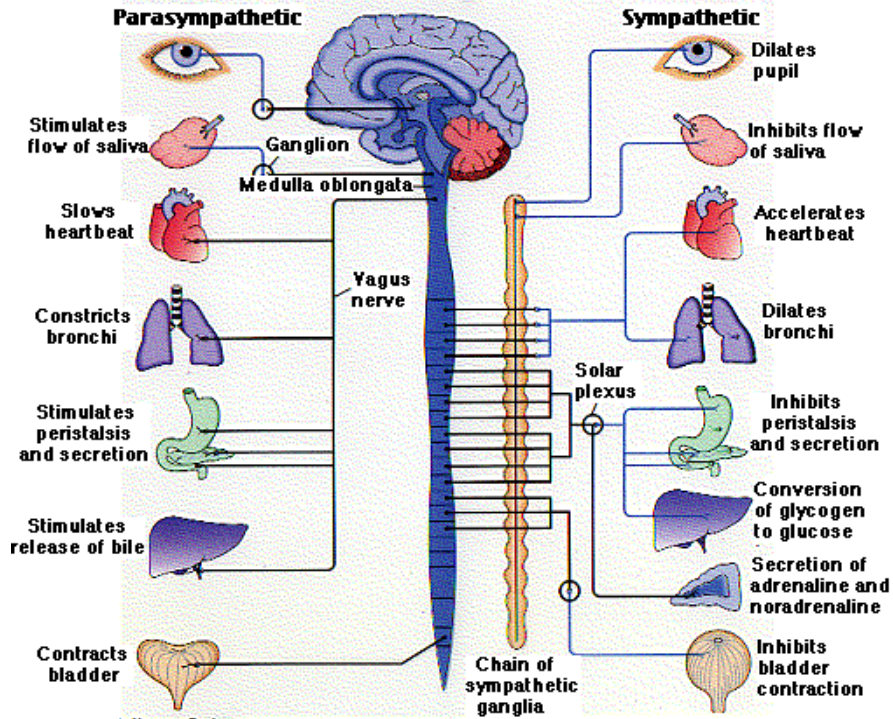
Systemic circulation is the flow of blood from the heart to the rest of the body and back again. Blood pressure is affected by age, weight, exercise, stress, gender and diet. Massage can assist with alleviating blood pressure based problems especially stress.



The Nervous System

The nervous system senses, analyses and responds to stimuli in the body. The basic structure of the nervous system is as follows

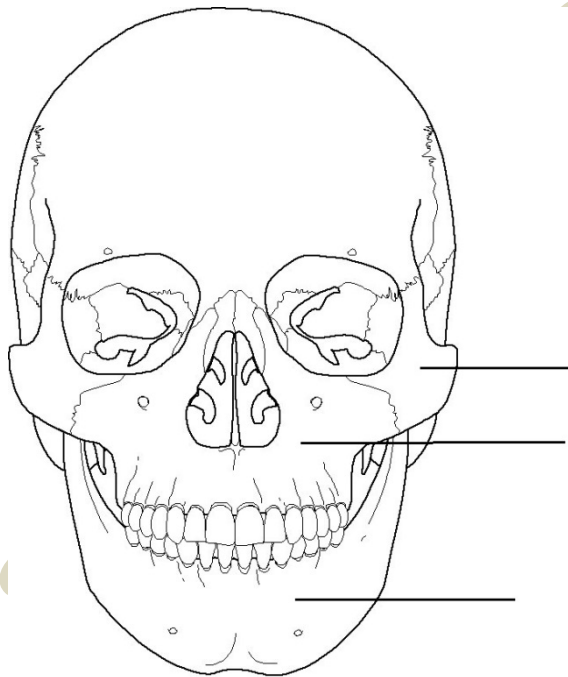
	NERVOUS SYSTEM			
CENTRAL NERVOUS SYSTEM	Splits into	PERIPHERAL NERVOUS SYSTEM		
	SOMATIC NERVOUS SYSTEM	Splits into	AUTONOMIC NERVOUS SYSTEM	
	Has 31 pairs of spinal nerves and 12 pairs of cranial nerves		Supplies impulses to smooth muscles, cardiac muscles and skin	
		Sympathetic Division = Fight or flight	Splits into	Parasympathetic Division = Rest & repose



Module 4 Task: Anatomy & Physiology

1. Function of the cell
2. The outside layer of skin on your body is called what?
3. What is the name of the substance that gives skin its pigment?
4. The bone of the face that forms the lower jaw is called?
5. Function of the Nucleus
6. Name three types of connective tissue and their functions
7. What is the main muscle involved in chewing?
8. What is the largest organ in the body?
9. How many bones does the human body have?
10. The innermost part of the bones contains what?
11. What is the name of the largest part of the human brain?
12. The bone forming the back of the skull is called ?
13. What are the two chambers at the bottom of the heart called?

14. The flow of blood through your heart and around your body is called?
15. The Main artery that leaves the heart is called?
16. Structure and Function of The three types of Muscle
17. The 3 Layers of the heart are called ?
18. What are the layers of the skin and their function?
19. What are the functions of the skeleton?
20. Function of Lymphatic System
21. Name the 5 sections of the vertebral column and how many vertebrae are in each section
22. Identify and label the *Zygomatic, Maxilla & Mandible Bone*



23. Where would you find the *Gastrocnemius* – give the Origin, Insertion and Action of the muscle
24. Give the names of the muscles that make up the *Quadriceps*

25. What is meant by the origin and insertion
26. Explain why massage movements are always performed towards the heart
27. Function of the small intestine and function of the Large intestine
28. Function Blood
29. Function of the Sympathetic and Parasympathetic Nervous system
30. How does massage benefit the respiratory system.

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MODULE 5 - WHAT IS YIN AND YANG

It is believed that all things have two aspects; a yin and a yang aspect. The two aspects create each other, control each other and transform each other. If you look at the symbol that represents yin & yang, you will see that it is a circle. A circle in itself, represents infinite, things constantly moving. The black part of the circle means night, and is the yin aspect, and the white part means day, and is the yang aspect. You will also see that within each section there is a circle of the opposite aspect, this represents that nothing can be totally yin, or yang, they would always have at least a part of the other as well.

Yin Energy

**Shade
Night
Winter
Cool
Rest
Down
Water
Interior
Lung
Kidney
Heart
Spleen
Liver
Female
Front of body
Bottom of body
Passivity**

Yang Energy

**Sun
Day
Summer
Heat
Activity
Up
Fire
Exterior
Colon
Bladder
Gall Bladder
Stomach
Small Intestine
Male
Back of body
Top of body
Activity**

Chronic & slow illnesses
Weak elements
Feeling Cold
Moisture
Slow

Acute & Strong illnesses
Powerful elements
Feeling Hot
Dryness
Hasty

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Eastern philosophy also states that Yin and Yang are subdivided into the five oriental metaphysical elements, and these five elements are linked with 'solid' organs, which all have Yin characteristics; as well as each of the solid organs is thought to have a partner, a 'hollow' organ (respectively) which all have Yang characteristics:

The Five elements	Associated 'solid' organ	Associated 'hollow' organ
Wood	Liver	Gall Bladder
Fire	Heart	Small Intestine
Earth	Spleen	Stomach
Metal	Lungs	Large Intestine
Water	Kidneys	Bladder

Each organ is also associated with a meridian, and these are all active at different times of the day, reflecting the activity of the metabolic processes of the body.

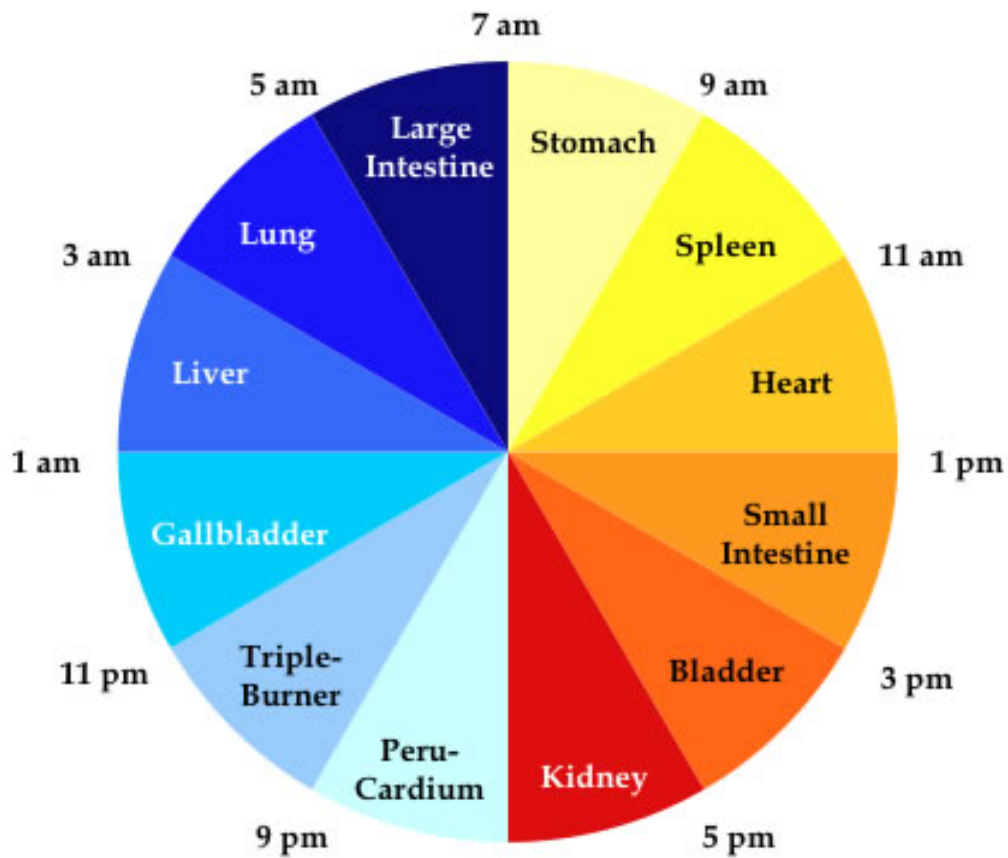


THE LAW OF FIVE ELEMENTS

The law of five elements looks at the interactions between the meridians and will help you, the therapist, to work out the best way of restoring balance within your client.

5 Element Theory							
Element	Organ	Bowel	Surface Part	Opening	Trait	Mental Part	Taste
Water	Kidneys	Bladder	Bones	Ears	Fear	Will Power	Salty
Wood	Liver	Gall Bladder	Nerves	Eyes	Anger	Mental Activity	Sour
Fire	Heart & Sexual Glands	Small Intestine	Blood vessels	Tongue	Arrogance and Impatience	Intuition, Joy, Peace	Bitter
Earth	Spleen & Pancreas	Stomach	Muscles	Mouth	Worry	Pondering	Sweet
Metal	Lungs	Large Intestine	Skin	Nose & Sinuses	Sadness	Orderliness and Rightness	Spicy

Chinese Model



the

The outer circle of production shows that:

- . wood produces fire;**
- . fire produces earth (ashes);**
- . earth produces metal (ore);**
- . metal produces water (condensation);**
- . water produces wood (rains on it).**

The inner five-pointed star shows the relationship of conquest:

- . wood conquers earth - wood covers the earth**
- . earth conquers water - earth dams up the water**
- . water conquers fire - water puts out fire**
- . fire conquers metal - fire melts metal**
- . metal conquers wood - metal cuts wood**

This shows you how a treatment can be given once the source of an imbalance has been pin- pointed. If a meridian appears to have a blockage, you can use the Law of Five Elements to guide you, for example:-

- . WATER produces WOOD but it conquers FIRE**
- . WOOD produces FIRE but it conquers EARTH**
- . FIRE produces EARTH but it conquers METAL**
- . EARTH produces METAL but it conquers WATER**
- . METAL produces WATER but it conquers WOOD**

Now if we translate this in relation to the meridians, then the following will apply:-

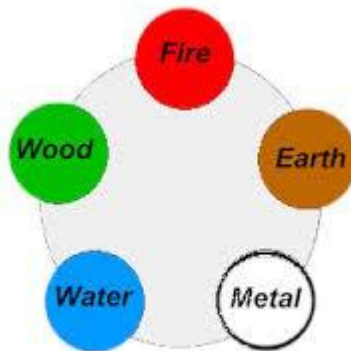
. KIDNEY meridian stimulates LIVER (WOOD) but it sedates HEART

. LIVER meridian stimulates HEART but it sedates SPLEEN

. HEART meridian stimulates SPLEEN but it sedates LUNG

. SPLEEN meridian stimulates LUNG but it sedates KIDNEY

. LUNG meridian stimulates KIDNEY but it sedates LIVER



THE MOTHER / SON RULE

The mother / son rule is another law used with the Five Elements Law to assist the therapist in working out what should be treated. It is based on the assumption that Chi flows through the meridians in a set sequence as follows:-

- . Lung
- . Large Intestine
- . Stomach
- . Spleen
- . Heart
- . Small Intestine
- . Bladder, Kidneys
- . Pericardium
- . Triple Burner
- . Gall Bladder
- . Liver

A meridian that precedes another is called the MOTHER.
If a meridian is under active, then the therapist can stimulate it by tonifying or stimulating the mother, which is the meridian before it.

A meridian which follows is called the SON.
If a meridian is overactive, then the therapist can sedate it by sedating the son, the meridian after it.

For example:

If the bladder meridian is underactive then you would stimulate the small intestine meridian which comes before it.

If the bladder meridian is over active then you would sedate the pericardium meridian which comes after it.

THE SEVEN EMOTIONS

Oriental Medicine recognises that emotions are constantly changing as we experience different situations and different feelings in connection to these situations. Sometimes we can have an emotional block which in turn blocks up the emotion causing illness.

The seven emotions in Oriental Medicine are:-

Happiness

Anger

Worry

Pensiveness

Sadness

Fear

Terror

The emotions are linked with the Five Elements, as follows:

Fire – Joy and Happiness

Earth – Worry and Over Thinking - Pensiveness

Metal - Grief, Sadness

Water - Fear, Terror

Wood – Anger

When these emotions are prolonged the associated organs linked to the element may become affected as well as the Yin - Yang balance of the body.

QUESTIONS – MODULE 5

- 1) Find 4 other things not listed that are Yin and Yang.
- 2) Explain in your own words the law of 5 elements.
- 3) What are the 5 elements?
- 4) What are the 7 emotions?
- 5) How do they link with the 5 elements?
- 6) Explain in your own words the Mother and Son.
- 7) Research, find and post a diagram of the full organ clock (flow wheel) that moves the chi/qi energy through the meridians and to the entire body.

MODULE 6 - MERIDIANS

Meridians are specific pathways containing energy that circulates and nourishes through the whole body. They form a criss-cross network of interconnected pathways linking the organs, skin, flesh, muscle and bones in a unified way.

The twelve organs of the body are each linked to a meridian and the meridian is named according to the internal organ it affects. In addition to the 12 organ related meridians, there are 2 further meridians that are worked with in Tui Na. These are listed below.

The energy flows through the meridians ensuring proper nurturing of Chi (qi) or life force throughout the whole body. When in a healthy state, the energy flows freely and is well distributed throughout the meridian pathways.

However, when the meridian becomes blocked, the Chi (qi) is prevented from reaching the specific area it is meant to nourish.

This results in the cells, tissue or organs being affected area and causing dis-harmony within the body.

The cycle of Qi follows a 24 hour cycle, and takes 24 hours to pass through each meridian system.

The 14 meridians in the order of the flow of Chi are:

The Meridians	Their abbreviated term
. Liver Meridian	LV
. Gall Bladder Meridian	GB
. Heart Meridian	H
. Small Intestine Meridian	SI
. Pericardium Meridian	P
. Sanjiao Meridian	SJ
. Spleen Meridian	SP
. Stomach Meridian	ST
. Lung Meridian	LU
. Large Intestine Meridian	LI
. Kidney Meridian	K
. Bladder Meridian	BL
. Ren Meridian/Conception Vessel	CV
. Du Meridian/Governing Vessel	GV

ALARM AND ASSOCIATED POINTS

There are twelve Alarm points, and each corresponds to the twelve primary organs and their meridians, and are found on the front of the chest or the abdomen.

If there is tenderness on one of these points this indicates a problem / imbalance in that organ. The points are used for diagnostic and treatment purposes, and if tenderness occurs with pressure applied on any of these points, it can detect that the meridians may be imbalanced. By treating the point on a regular basis will help to restore balance and improve health.

NB: The Alarm points are located on other meridians so if they are tender then the meridian should be treated also.

<u>Organ or meridian</u>	<u>Alarm point</u>
Lung	Lu1
Pericardium	CV17
Heart	CV14
Liver	Liv4
Gall Bladder	GB24
Stomach	CV12
Spleen	Liv13
Metabolism	CV5
Kidneys	GB25
Small Intestine	CV4
Large Intestine	St25
Bladder	CV3

Another group of important acupoints are the Shu points. There are also twelve, and these correspond to the twelve primary organs and their meridians. They are all located on the back, on the bladder meridian. Tenderness on these can indicate a problem / imbalance in the associated organ.

Organ or meridian	Associated Shu point
Lung	B113
Pericardium	B114
Heart	B115
Liver	B118
Gall Bladder	B119
Spleen	B120
Stomach	B121
Metabolism	B122
Kidneys	B123
Large Intestine	B125
Small Intestine	B127
Bladder	B128

In acupuncture, the acupoints and the meridians reflect the state of the associated organ. Tenderness can indicate a problem, and stimulation of that point will help to resolve the problem.

Problems of the organs might be as follows:-

- . **Lungs - Respiratory complaints**
- . **Pericardium - Palpitations and High Blood Pressure**
- . **Heart - Angina and Heart disorders**
- . **Liver - Liverishness**
- . **Gall Bladder - Gall Stones or Gall Bladder Colic**
- . **Spleen - Pancreatic problems**
- . **Stomach - Ulcers, Gastritis, Digestive Problems**
- . **Metabolism - Circulatory problems**
- . **Kidneys - Kidney problems, Reproductive issues**
 - . **Large Intestine - Constipation and Colic**
 - . **Small Intestine - Small Bowel Colic and related problem**
 - **Bladder - All Bladder problems, such as Cystitis**

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Bladder Meridian Symptoms

- . Eye problems**
- . Lower back pain**
- . Pain in back of legs & outer ankle**
- . Bladder problems i.e. cystitis, prolapse**
- . Skeletal problems**
- . Cramps**
- . Scalp / hair problems**
- . Fear**
- . Lack of will power**
- . Lack of ambition**
- . Hearing problems**
- . Saliva problems**
- . Feeling cold frequently**
- . Urination infections & problems**
- . Calculi (stones)**
- . Colds & Flu**

Gall Bladder Meridian Symptoms

- . Decision Making, Indecisiveness**
- . Afraid**
- . Greed**
- . Leaning backwards**
- . Weak smile**
- . Anger easily**
- . Bitter taste**
- . Nausea / vomiting**
- . No appetite**
- . Body feeling heavy**
- . Ear problems**
- . Thirsty**
- . Migraine**
- . Jaundice**
- . Gall bladder problems, incl, gall stones**
- . Liver problems**

. Irritability

. Nails off colour

. Springtime illnesses

. Pain in muscles around ribs

**. Neck, Shoulder, knee, outer ankle &
side of leg pain**

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Heart
Meridian
Symptoms

**. Stuttering &
Stammering**

**. Rapid
Speech,
uncontrollable
talk**

**. Mouth
Ulcers**

. Muttering

**. Excessive
laughing**

**. Excessive
joy**

**. Red burning
face / face
swelling**

. Dizziness

. Palpitations

**. Shortness of
breath**

. Nervousness

**. Frequent
sweating /
cold sweats**

. Cold limbs

. Nightmares

. Insomnia

**. Extreme
restlessness**

**. Heart
conditions**

. Thrombosis

**. Manic
behaviour**

. Depression

. Wrist pain

**. Tennis
elbow**

. Tongue pain

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Pericardium Meridian Symptoms

- . Stiff neck**
- . Arm spasms**
- . Eye pain**
- . Palpitations**
- . Light sleeping**
- . Shortness of breath**
- . Alternate feelings of joy then anger**
- . Poor memory**
- . Hot hands**
- . Circulatory problems**
- . Red face**
- . Incessant laughter**
- . Fears – surroundings, people, darkness, heights**

- . **High fever**
- . **Delirium**
- . **Confused speech**
- . **Angina**
- . **Depression**
- . **White complexion**

- . **Mania**
- . **Summer illnesses**
- . **Carpal tunnel syndrome**

Liver Meridian Symptoms

- . Menstrual problems**
- . Sudden / easy Anger**
- . Suppressed emotions**
- . Shouting**
- . Easily takes offense**
- . Depression**
- . Fears – irrational**
- . Eyes – aching, tired, dry, prickly**
- . Fear of light**
- . Muscle tightness and cramps**
- . Arthritis**
- . Tendon problems**
- . Vertigo**
- . Headaches**
- . Vomiting**
- . Jaundice**
- . Convulsions**
- . Liver spots**

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- . Tremors
- . Numbness of fingers or toes
- . Feeling of lump in throat
- . Lower back pain
- . No rest from sleep
- . Cracked nails
- . Genital itching
- . Belching
- . Pain in ribs /trunk
- . Hoarseness
- . Headaches

Small Intestine Meridian Symptoms

- . Shoulder pain**
- . Back pain – mid-upper back**
- . Neck pain**
- . Wrist pain**
- . Elbow pain**

Large Intestine Meridian Symptoms

- . Toothache**
- . Headache**
- . Nasal Congestion**
- . High Temperature**
- . Front shoulder joint pain**
- . Tennis elbow**
- . RSI**

Lung Meridian Symptoms

- . Lung problems**
- . Sore throat**
- . Thumb pain**

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Sanjiao Meridian Symptoms

- . Ear problems**
- . Eye problems**
- . Migraines**
- . Rib pain**
- . Neck problems (side of neck)**
- . Shoulder joint pain**
- . Wrist pain**
- . Elbow pain**

Spleen meridian Symptoms

- . Spleen problems**
- . Stomach problems**
- . Abdominal bloating**
- . Oedema in ankles & legs**
- . Menstrual problems**
- . Bruising**
- . Insomnia**
- . Worry**

Stomach Meridian Symptoms

- . Headaches**
- . Toothache**
- . Jaw ache**
- . Facial paralysis**
- . Abdominal bloating**
- . Knee pain**
- . Front of leg pain**
- . Immune system boosting**

Ren Meridian

- . Yin**

Du Meridian

- . Yan**

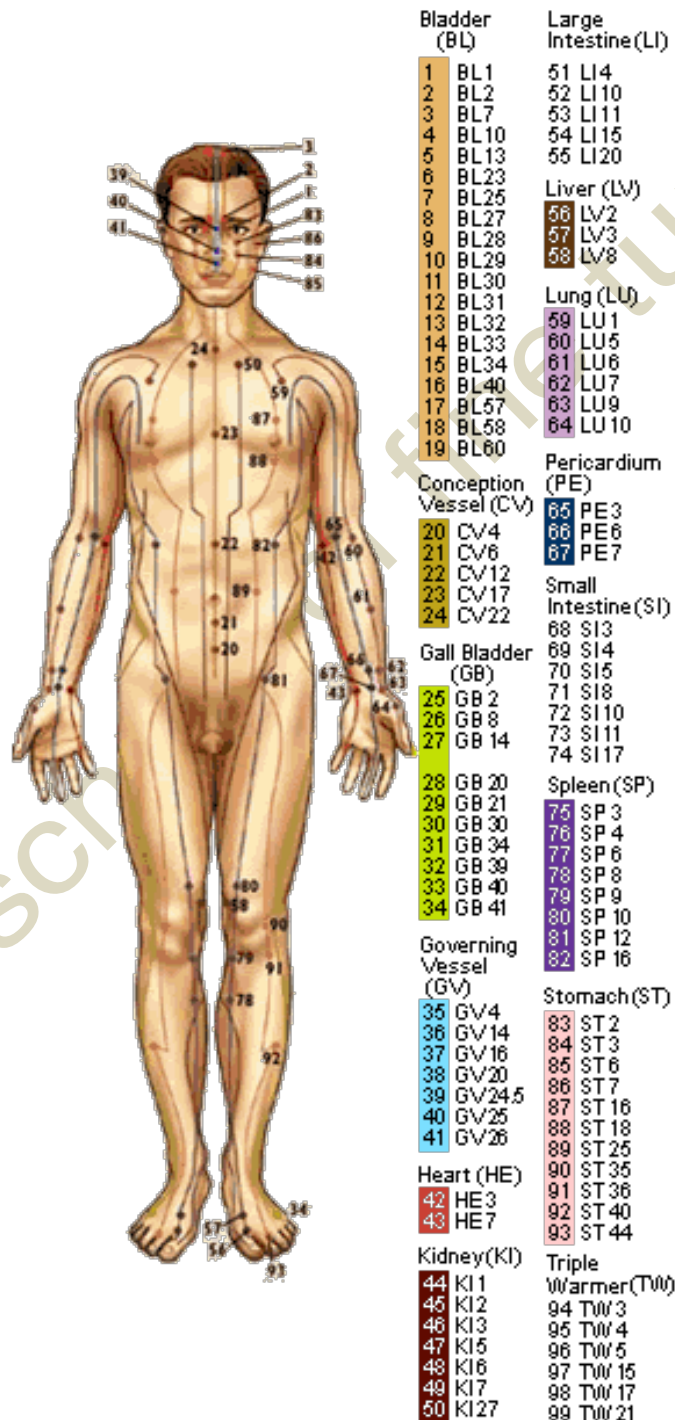
MODULE 6 –QUESTIONS

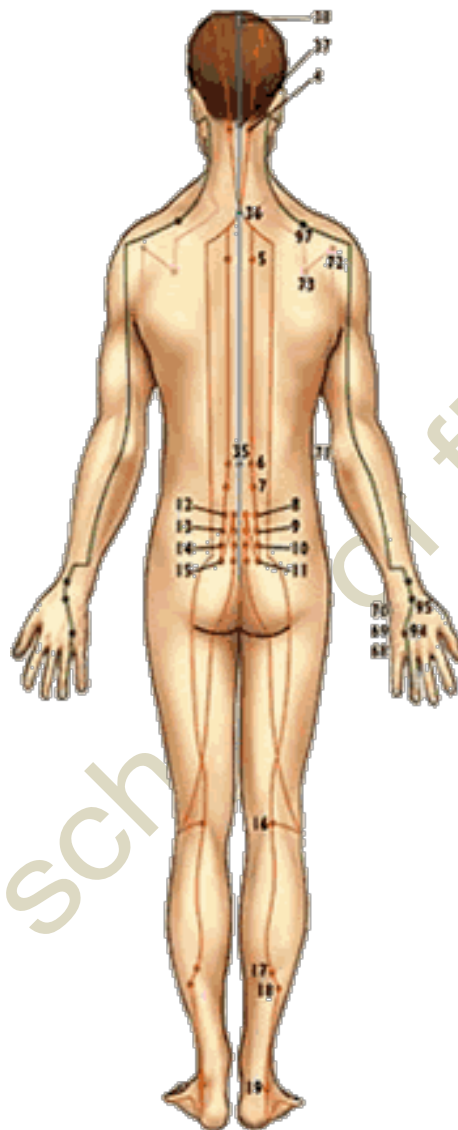
Clients arrive for a treatment and each report various symptoms:-

- Angry
- Shoulder pain
- Convulsions
- Headaches
- Hoarseness
- Mouth Ulcers
- Toothache
- Sore Throat
- Wrist Pain
- Menstrual Problems
- RSI
- Insomnia
- Cracked Nails
- Tremors
- Lack of will power
- Colds and flu
- Dizziness
- Stiff Neck
- Poor Memory
- Excessive Joy
- Irritability

Which meridians would you be associating with these symptoms?

MODULE 7 - MERIDIAN LOCATIONS





Bladder (BL)		Large Intestine (LI)
1 BL1		51 LI4
2 BL2		52 LI10
3 BL7		53 LI11
4 BL10		54 LI15
5 BL13		55 LI20
6 BL23		Liver (LV)
7 BL25		56 LV2
8 BL27		57 LV3
9 BL28		58 LV8
10 BL29		Lung (LU)
11 BL30		59 LU1
12 BL31		60 LU5
13 BL32		61 LU6
14 BL33		62 LU7
15 BL34		63 LU9
16 BL40		64 LU10
17 BL57		Pericardium (PE)
18 BL58		65 PE3
19 BL60		66 PE6
Conception Vessel (CV)		67 PE7
20 CV4		Small Intestine (SI)
21 CV6		68 SI3
22 CV12		69 SI4
23 CV17		70 SI5
24 CV22		71 SI8
Gall Bladder (GB)		72 SI10
25 GB 2		73 SI11
26 GB 8		74 SI17
27 GB 14		Spleen (SP)
28 GB 20		75 SP 3
29 GB 21		76 SP 4
30 GB 30		77 SP 6
31 GB 34		78 SP 8
32 GB 39		79 SP 9
33 GB 40		80 SP 10
34 GB 41		81 SP 12
Governing Vessel (GV)		82 SP 16
35 GV4		Stomach (ST)
36 GV14		83 ST 2
37 GV16		84 ST 3
38 GV20		85 ST 6
39 GV24.5		86 ST 7
40 GV25		87 ST 16
41 GV26		88 ST 18
Heart (HE)		89 ST 25
42 HE3		90 ST 35
43 HE7		91 ST 36
Kidney (KI)		92 ST 40
44 KI1		93 ST 44
45 KI2		Triple Warmer (TW)
46 KI3		94 TW 3
47 KI5		95 TW 4
48 KI6		96 TW 5
49 KI7		97 TW 15
50 KI27		98 TW 17
		99 TW 21

Meridian	Point	Location	Benefit
Bladder	b10	Upper occipital	Relaxes tense muscles around area, eases pain & stiffness
	BL11	1,5 cm to side of spine	Clears chi blocks in bones 7 joints of neck, back & shoulders
	BL13	1,5 cm to side of spine	Healthy lungs, asthma, bronchitis
	BL15	1,5cm to side of spine	Heart conditions, anaemia, epilepsy, chest tightness, insomnia, calming for the mind
	BL17	1,5 cm to side of spine	Blood conditions, hives
	BL18 & 19	1,5cm to side of spine	Liver problems, jaundice, hepatitis, upper abdominal problems, blurred vision, night blindness

	BL20 & 21	1,5cm to side of spine	Functioning of the spleen, tiredness, fatigue, indigestion, vomiting, diarrhoea, hiccups, Jaundice
	BL23	1,5cm to side of spine	Functioning of the kidney, lower backache, ear problems (tinnitus)

			hearing problems)
	BL25	1,5cm to side of spine-Level with lumbar vertebrae no.4	Improves flow of chi in lower back and buttocks, sciatica, Large intestine, functioning, diarrhoea, constipation
	BL32	To side of sacrum	Lumbago, infertility, excessive vaginal discharge, prolapse of uterus
	BL36	Mid crease below buttock	Sciatic, numbness in legs
	BL37	Middle of back of thigh, halfway between BL36 & back of knee	Lower back pain, sciatic
	BL40	Middle of crease behind knee	Spasm, calf pain, lumbar strain
	BL57	Just below where the 2 calf muscles meet	Calf Pain
Central	R3	1cm above pubic bone	Urine retention, impotence, irregular periods, reproductive problems
	R6	1,5cm below	Prolapse of organs, kidney problems. Chi

			deficiencies
	R12	4cm above navel	Gastric pain, vomiting, nausea, flatulence, hiccups
	R17	Sternum	Cardiac pain, chest pain, asthma, coughs, palpitations
Gall Bladder	GB1	Outer corner of eye in dip	Eye problems, brow pain
	GB8	1,5 cm above	Migraines
	GB14	1cm above eyebrow in middle	Paralysis of face, headaches, twitching eye
	GB20	Top of nape of neck immediately below base of skull	Headaches, eye/ear/nose problems, neck muscles tension, cervical spondylitis, flu, cold, parkinsons disease, epilepsy, facial paralysis
	GB21	Shoulder Joint	Neck pain & stiffness, shoulder pain
	GB30	Hip bone	Lumbago, sciatica, hip pain, heel pain
	GB31	Midway down thigh	Numbness in thigh, sciatica
	GB34	To the side of the knee	Muscle spasm, lower leg cramp knee/ankle pain, sciatica, rib muscle pain
	GB40	Outer ankle	Pain in rib cage, ankle

			sprain & swelling, relaces muscles in the body.
Governing (GV)	D4	Middle of lumbar vertebrae 2 & 3	Lower back pain, lumbago
	D14	Middle of spine between cervical vertebrae 7 & thoracic vertebrae 1	Asthma. Epilepsy, schizonphrenia
	D20	Top of head halfway between ears	Headaches, dizziness, prolapses
	D26	2/3 up between lip and nose	Restores conciousness
Heart	H3	Inner elbow	Elbow pain
	H7	Inside of wrist	Restless mind, insomnia, shallow sleep, depression, heart pain, palpitations, tongue ulcers and soreness
Kidney	K3	Halfway between inner ankle & achilles	Chi deficiency of the kidneys, lower back pain, frequent urination, tinnitus, poor vision, insomnia, irritability
	K6	In dip below centre of inner ankle	See K3

	K7	2cm above K3	Oedema, night sweats
	K10	Inner side of back of knee	Knee and ligament problems
	K16	0,5 cm to side of navel	Abdominal pain, diarrhoea
	K25	Between 2 nd & 3 rd rib	Coughs, asthma, heart stress, calming for the mind
Large Intestine	LI1	Index finger below the nail towards the thumb	Starting point of large intestine meridian
	LI4	Base of thumb in the v	General wellbeing, stimulates the immune system, headaches, toothache, colds, mucus, congestion, hearing, constipation
	LI10	2cm downwards from LI11	Tennis elbow, stomach pain, diarrhoea, indigestion
	LI11	Elbow outer side	Fever, eczema, hives, gastric problems, diarrhoea, tennis elbow, high blood pressure
	LI14	Below deltoid muscles	Upper arm pain, stiffness
	KI15	shoulder	Shoulder pain and stiffness

	LI20	Side of nose	Rhinitis, sinusitis facial
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			paralysis
Liver	LV3	Between 1 st and 2 nd toe	Calming for the emotions, irritability, frustration, headaches, gall bladder problems, irregular periods
	LV5	Edge of tibia halfway up shin	Libido, impotence
	LV8	To side of knee	Knee problems
	LV14	Below nipple between 6 th & 7 th rib	Vomiting, upper abdomen pain
Lung	LU1	Front of shoulder	Coughs, colds
	LU2	Above LU1	Same as Lu1
	LU5	Elbow crease	Asthma, coughs
	LU6	Midway down forearm on thumb side	Asthma, coughs
	LU7	Wrist	Headaches, fever, coughs, neck pain
	LU9	Wrist below LU7	Asthma, thumb pain, sore throats
	LU11	Behind nail on outer side of thumb	Sore throats
Pericardium	P1	Beside the nipple	Start of the pericardium meridian
	P6	2cm above wrist	Sickness, nausea,

			emotional pain, rapid heartbeat, calming when feeling restless
	P7	Just below P6	Carpal tunnel syndrome, anxiety, palpitations, wrist pain
	P8	Centre of palm	Cardiac pain, restlessness and disturbed mind
	P9	Centre of tip of middle finger	End of pericardium meridian
Small Intestine	SI1	Outer edge of little finger	Start of meridian
	SI3	Outer edge of hand at knuckle	Neck stiffness, finger pain
	SI8	elbow	Arm pain & numbness
	SI9	Behind armpit	Shoulder pain
	SI10	Back of shoulder	Shoulder pain and injury, any pain along this meridian line
	SI11	scapula	Shoulder blade pain
	SI12	Back of trapezius	Shoulder pain
	SI14	Inside top of scapula	Shoulder pain and stiffness
	SI15	Base of back of neck at shoulder	Neck, shoulder and back problems
	SI19	Front of ear	Ear problems

Spleen	SP1	Outer side of big toe	Start of the meridian
	SP6	3cm above ankle bone on tibia	Bleeding, hernia, diarrhoea, abdominal problems, labour, insomnia, irregular periods
	SP9	Below knee on inner side	Oedema, diarrhoea, gastric pain
	SP10	Above knee cap on inner side	Eczema, psoriasis, hives, irregular periods, skin itching
Stomach	ST1	Lower eye socket	Start of meridian
	ST6	Outer jaw	toothache
	ST7	Front of ear in dip of jawbone	Toothache, hearing
	ST25	To side of navel	Abdominal pain, constipation, irregular periods, diarrhoea
	ST29	Below navel	Irregular periods, impotence, hernia
	ST31	Below hip bone at front	Abdominal pain leg/hop problems
	ST34	Outer side of knee	Stomach ache, knee pain
	ST36	Below knee at top of tibia	Water retention, stomach pain, irregular periods, constipation

			improves immune system, ulcers, stomach pain
	ST4 0	Halfway down tibia	Mucus, coughs, congestion
	ST4 1	Middle of front of ankle	Ankle pain, headaches
Triple Warmer	SJ3	Below knuckle of 4 th & 5 th finger	Ear problems, migraines, headaches, fever
	SJ5	Below wrist	Shoulder pain, headaches, hearing, colds
	SJ1 4	Back of shoulder	Shoulder pain, & mobility
	SJ1 7	Behind ear	Ear problems, toothache, facial paralysis, neuralgia

QUESTIONS – MODULE 7

Using the same complaints and meridians listed in Module 5, work out exactly where you would be treating these problems anatomically using the charts above.

i.e. Headaches, Triple Warmer SJ3, Below knuckle of 4th and 5th finger, Lung LU7 wrist.

- Angry
- Shoulder pain
- Convulsions
- Headaches
- Hoarseness
- Mouth Ulcers
- Toothache
- Sore Throat
- Wrist Pain
- Menstrual Problems
- RSI
- Insomnia
- Cracked Nails
- Tremors
- Lack of will power
- Colds and flu
- Dizziness
- Stiff Neck
- Poor Memory
- Excessive Joy
- Irritability

MODULE 8 - BENEFITS, CONTRAINDICATIONS & CONSULTATION

What are the benefits and what makes Acupressure Massage different?

When we first hear about Chinese acupressure massage, the first question they ask is, "What's the difference between acupressure massage and an ordinary massage?" This is usually followed by a second question: "How can Chinese acupressure massage benefit me?" These are both fair questions. There are many differences between acupuncture massage and traditional massage techniques and you may find that an acupressure massage can benefit you in ways a simple "body rub" cannot.

The Difference Between Acupressure Massage and Ordinary Massage

The biggest difference between acupressure and ordinary massage techniques lies in how and where pressure is applied. Western massage techniques primarily are designed for relief from muscular tension and soreness. The massage practitioner therefore kneads or rubs large areas of the body, focusing on the muscles themselves.

In contrast to Western massage techniques, acupressure massage focuses pressure on specific areas of the body known as the "meridians", and following the paths of these meridians to release any blockages from the vital energy flow of pathways to target these specific areas.

How Can Chinese Acupressure Massage Benefit Me?

A skilled acupressure massage therapist may give you significant relief from a variety of conditions. Acupressure massage has been said to be able to help boost the immune system, eliminate toxic waste build-up in the body, stimulate the lymph nodes and improve blood circulation, amongst other things. Some of the specific ailments it can provide relief from include headaches, back pain, stress, low level depression, anxiety and many other disorders.

This is where consultation becomes so important, so we can focus not just on the physical, but the emotional, taking into account the whole being.

CONTRAINDICATIONS/RESTRICTIONS TO MASSAGE

Localised Contraindication – specific area cannot be massaged

- Bruises
- Broken capillaries
- Recent scar tissue
- Sunburn
- Immediately after eating or consuming alcohol
- Redness or localised swelling
- Sprains
- Dislocations
- Broken bones
- Pustule acne
- Open cuts or wounds, grazes, stings, bites or burns

Medical Contraindication – requires Doctor’s permission before treatment

- High or low blood pressure
- Haemophilia
- Severe swelling
- Epilepsy
- Severe pain
- Thrombosis
- Heart condition
- Cancer
- Where medication is being taken for any serious illness or condition

If any of the above medical conditions are present, seek a GP’s approval in writing. The client may request this from their medical practitioner, alternatively, you may contact the GP in writing, clearly stating the treatment requested by your client to ensure they have the GP’s permission and enclosing a stamped addressed envelope.

Total contraindications – not suitable to massage at all

- Hypersensitive skin
- Inflammation
- Viral infections
- Any contagious disease, eg scabies, impetigo, herpes, chickenpox, scabies, tinea, mumps, diphtheria, typhoid etc
- Severe widespread psoriasis, eczema or dermatitis
- High temperature or fever
- Undesirable character or anyone whom you may feel threatened by

Always check contraindications before commencing, health issues may change between treatments. **Remember the safest course of action, if in doubt, refer to a GP. This information is intended for your general knowledge and is not a substitute for medical advice or treatment for specific conditions.**

CONSULTATION FORM FOR MASSAGE

The following information is required for your safety and to benefit your health. Whilst Massage is very safe, there are certain conditions which may require special attention. Please note that all information will be treated in the strictest confidence and it may be necessary for you to consult your GP before treatment is given.

Name.....DOB.....

.....

Address.....

.....

.....

Tel

Home.....Mobile.....

.....

Occupation.....

.....

Do you or have you ever suffered with:-

- High temperature or fever
Y/N
- Infection Y/N
- Acute infectious disease
Y/N
- Migraine or headaches Y/N
- Skin infections Y/N
- Allergies Y/N
- Recent haemorrhage
Y/N
- Recent surgery Y/N
- Heart condition Y/N
- Recent injury
Y/N
- High or low blood pressure
Y/N

- Recent scar tissue
Y/N
- Epilepsy Y/N
- Diabetes Y/N
- Thrombosis/embolism Y/N
- Severe circulatory disorder
Y/N
- Severe bruising, open cuts or abrasions
Y/N
- Dysfunction of the nervous system
Y/N
- Undiagnosed, bumps, lumps or swellings
Y/N
- Currently under the influence of drugs or alcohol
Y/N
- Are you or could you be pregnant
Y/N
- Do you have any conditions which may affect treatment
Y/N

If the answer to any of the above is Yes, please give dates and details:-

.....

.....

.....

.....

.....

.....

.....

CONSULTATION FORM CONTINUED

Are you currently taking any medication Y/N

Details (including dosages):-

.....
.....
.....
.....

Is GP referral required Y/N

Clearance form sent (Date)
Y/N

Clearance form received (Date) Y/N

Name of
Doctor.....
.....

Address.....
.....
.....

Telephone
number.....
.....

Is your general health Good Average Poor

Are your stress levels High Medium Low

Are your energy levels High Medium Low

Do you find time for relaxation/hobbies:- Y/N

Details:-

.....
.....
.....

Client Declaration

I declare that the information I have given is correct and, as far as I am aware, I can undertake treatments without any adverse effects. I have been fully informed about contra-indications and am, therefore, willing to proceed with treatment.

I understand that Massage does not substitute medical treatment.

Client

Signature.....**Date**.....

.....

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Question Paper Module 8-
Consultation/Restrictions/Contraindications

- 1) Explain in your own words why therapists need to complete a consultation with each client (minimum 300 words).
- 2) Give examples of and describe 3 bacterial infections, 3 viral infections and 3 fungal infections.
- 3) Give 3 examples of closed questions and 3 open questions.
- 4) Why do we need to know the clients GP details.
- 5) What benefit is gained from asking a client's occupation.
- 6) List 3 total contraindications.
- 7) How can we use the consultation to further benefit your client's health with additional treatments?
- 8) How would you explain 3 of the benefits of this treatment to your client.
- 9) How would you explain the difference between a more traditional massage and Acupressure Massage (in your own words).

MODULE 9 -THE MASSAGE - MASSAGE TECHNIQUES & ROUTINE

Technique	Name	Description
Kneading	Thumb Kneading	Apply pressure & circle with the thumb
Kneading	Heel of hand	As per thumb kneading but using the heel of your hand
Kneading	Elbow kneading	As per thumb kneading but using elbow
Kneading	Forearm Kneading	As per thumb kneading but using forearm to cover a large area
Pressing	Palm Press	Using one hand, use your body weight to press on the area using the palm of your hand, more pressure can be applied if you use the heel of your hand
Pressing	Double palm press	As above using one hand over the other to increase pressure

Pressing	Thumb Press	This provides a more concentrated pressure on the area by pressing your thumb onto the area, use one thumb over the other to increase the pressure
Pressing	Elbow Press	A greater pressure is applied using elbow pressure
Rocking	Thumb or knuckle rocking	Place thumb on knuckle on the area and rock back and forth on the area
Rolling	Chinese rolling	Press the outside edge of back of hand against the area, (fingers should be slightly apart and relaxed) then rotate your forearm so the hand flips smoothly backwards. Keep the movement smooth and work in a wrist flipping movement (see included ebook on tui na)

Rolling	Knuckle rolling	Curl the fingers into the hand and place the knuckles on the area, then roll your hand back and forth at the wrist over the area
Rubbing	Palmar rubbing	Using both hands circle the area with palms of both hands
Rubbing	Chaffing	Using the ulnar border of each hand (hands in a hacking position) and rub them back and forth alternately over the area
Rubbing	Forearm running	Using forearms rub them back and forth over the area, such as the back
Squeezing	Whole Hand	Squeeze the area (such as top of trapezius) between your thumb and fingers. Both hands can be used at the same

		time (i.e. one hand on each shoulder)
Squeezing	Finger & Thumb Squeeze	Squeeze the area (such as Achilles) between thumb and index finger
Squeezing	Locked hands	Interlock your fingers on each hand together and using the heels of both hands squeeze the area with both hands
Stroking	Palmar stroking	Rub with the palm of the hand but in one direction as opposed to back and forth.
Vibration	Thumbs, fingers or palm	Place thumb, fingers or palm on the area and vibrate back and forth without the thumb, fingers or palm leaving the spot.

Using the four M's in Chinese massage uses all the main techniques of Chinese Massage to assist in healing your client.

1. **M**assage movements to the area
2. **M**eridians to be worked that travel through the area
3. **M**eridian Stretches to the affected area
4. **M**eridian (acupressure) points to the affected area

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MODULE 9 - THE MESSAGE ROUTINE

INTRODUCTION: With the client prone on the couch, place your hands on the shoulders and ask your client to take 3 deep breaths, as you breathe with them.

Section 1 – The neck and shoulders

- Squeeze and knead along tops of shoulders (trapezius)
- Chinese rolling along tops of shoulders (trapezius)
- Press & circle with thumbs on the points GB21, SI9 to SI 14, BL11 BL13 and BL15
- Squeeze and knead the neck
- Press & circle with thumbs the points GB 20 and BL 10

Section 2 – The back.

- Pressing with Rocking
- Hand on base of one side of back, rock hand back and forth, other hand on shoulder blade and press down. Move down back pressing down. Keep the other hand rocking.
- Double handed heel of hand circles
- Between shoulder blades and spine. Press and circle. Work down back
- Rolling down back using knuckles
- Knuckle between shoulder blade and spine and roll down to base of back
- Rolling towards spine
- Knuckle starting at shoulders, roll knuckles towards and over spine, working down one side.
- Chinese rolling on back

Section 2 – The Back

- Using outer edge of hand and roll from side to side building up speed (the rocking comes from the twisting of the wrist and forearm) - roll all over back lightly and quickly
- Knuckle rolling over the whole of the back (roll knuckles back and forth)
- Repeat on other side
- Windscreen wiper moves
- Using heels of hand working down the back .
- Then rocking on the base of the back. Repeat several times.

- Pressure points up spine using knuckles of 2 fingers, press in at the side of the vertebrae going up the spine
- Shoulder pull with side of hand in scapula
- Forearm stretching on each side of back
- Meridian lines. Using thumbs, work up the meridian lines from base to top, 5 on each side
- Chinese rolling all over back
- Using back of hands – roll all over back lightly and quickly
- Windscreen wiper moves using heels of hands
working down the back, then rocking on base of
back...repeat
several times.

Re-cover back

Section 4 – Back of legs and feet

- Chinese rolling on backs of legs
- Reinforced heel of hand kneading on back of leg
- Squeeze the leg
- Hacking/pummelling back of leg
- Bend knee to raise foot up, then thumb knead the sole of the foot
- Pummel the sole of the foot using edge of lightly clenched fist
- Rotate the foot
- Lower foot back down
- Rotate elbow on the sole of the foot

Re-cover the leg and repeat on the other leg

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Section 5 - Front of legs and feet

- Turn your client over, so they are now supine
- Chinese rolling on front of leg
- Reinforced heel of hand kneading on front of leg
- Squeeze leg
- Hacking/ pummelling front of thigh
- Bend the knee with the foot flat on the couch. Sit on client's foot to support.
- Place both hands behind the leg on the calf and pull the calf towards you.
- Thumb pressing around the knee
- Straighten leg and replace on the couch
- Rotate the foot
- Pull the toes. Recover and repeat on the other leg.

Section 6 – The Abdomen

- Palmer rubbing and kneading in small clockwise movements
- Thumb kneading to abdominal muscles in a clockwise direction
- Lightly hack the abdominal muscles

Section 7 - Arms and Hands

- Squeeze and knead the arms
- Chinese rolling on the arm
- Place one hand under the shoulder blade and the other hand on top of the shoulder and rub with both hands
- Interlock hands and squeeze and knead the tops of the shoulders
- Rub down the arm

- Shake the arm
- Press and knead the hand and wrist
- Hand stretching
- Rotate the wrist fingers and thumb together
- Pull the fingers
- Press and knead joints of the fingers

Recover and repeat other arm and hand

Section 8 - Chest, face and scalp

- Palmar rubbing on the chest
- Palmar rubbing on the side of the face
- Turn face to one side. Rub with the heel of the thumb up the side of the face, rocking back and forth. Repeat on the other side.
- Thumb stroke up the face
- Thumb Rock from the third eye along the eyebrow around and under the eye to the nose.
- Shampooing the scalp
- Turn the head to one side and knead the neck
- Lift the neck with hands placed around the back of the neck.

- Pull up back of neck to stretch.

Stretches

Meridian stretches

Knee & Hip Stretches

Benefits

Knee & Hip mobility improved

Improves constipation

Tones the muscles of the leg

Loosens the inguinal ligaments of the groin

- Client lies on couch face up

- Bend the client's knee and place one hand on the front of the knee and the other hand on the front of their ankle

- Bend their knee up and out to the side

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Back Stretches

Benefits

Mobilises the lower back

Improves circulation to the lower back

Improves the flow of Chi in the lower back.

- Client lies on their back,
- Place your feet apart to provide you with a sturdy posture
- Hold the back of each of the clients ankles firmly and lift
- Circle the legs starting with small circles and working up to bigger circles
- Repeat in opposite direction.

Shoulder Stretch.

Benefits

Stretches the front of the shoulders

Relaxes the muscles between the shoulder blades

Stretches the pectoral muscles

- Client is seated in a chair
- Stand behind your client
- Raise your clients arms above their head and hold each wrist , one in each hand.
- Lower their arms out to the side until you feel resistance

3, Upper back stretching

Shoulders

One of the most effective ways of releasing the layers of tension that accumulate across the shoulders

1, client is seated on a chair,

2, The client raises their arms above their head with their fingers interlocked, and palms pointing towards above their head.

3, Stand behind your client, place the palm of your right hand in between their shoulder blades.

4, Grasp their clasped hands with your left hand and gently pull towards you whilst pushing away with your right hand.

5, Be careful not to pull further than is comfortable for the client.

3, Upper back stretching

Shoulder Stretch

Benefits

This stretches the front of the shoulders

Relaxes the muscles between the shoulder blades

Stretches the pectoral muscles

- Client is seated in a chair
- Stand behind your client
- Raise your clients arms above their head and hold each wrist , one in each hand.
- Lower their arms out to the side until you feel resistance

MODULE 10 - CASE STUDIES

We would like you to complete 4 separate case studies. Please include a personal profile of each client, why they have come for treatment, their response and how you believe your treatment benefitted them. Explain how you treated them and the meridians you worked on specifically.. Also please include reflective practice and how both you and the client felt after treatment.

https://en.wikipedia.org/wiki/Reflective_practice

Reflective practice is the capacity to reflect on action so as to engage in a process of continuous learning.^[1] According to one definition it involves "paying critical attention to the practical values and theories which inform everyday actions, by examining practice reflectively and reflexively. This leads to developmental insight".^[2] A key rationale for reflective practice is that experience alone does not necessarily lead to learning; deliberate [reflection](#) on experience is essential.^{[3][4]}

Reflective practice can be an important tool in [practice-based professional learning](#) settings where people learn from their own professional experiences, rather than from [formal learning](#) or [knowledge transfer](#). It may be the most important source of personal [professional development](#) and improvement. It is also an important way to bring together theory and practice; through reflection a person is able to see and label forms of thought and theory within the context of his or her work.^[5] A person who reflects throughout his or her practice is not just looking back on past actions and events, but is taking a conscious look at emotions, experiences, actions, and responses, and using that information to add to his or her existing knowledge base and reach a higher level of understanding.^[6]

INSURANCE AND OTHER INFORMATION

We work in partnership with Westminster Insurance and IPHM who are also an insurance company. Both links found on the School home page.

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