

# SUBJECT OUTLINE



Subject Name:

## Tui Na Therapeutics 1

Subject Code:

**CMTN211**

### SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	Bachelor of Health Science (Acupuncture)	<b>Total Course Credit Points:</b>	128	<b>Level:</b>	3 <sup>rd</sup> Year
<b>Duration:</b>	1 Semester				
<b>Subject Coordinator:</b>	Dr Ao Yu (Adelaide campus)				
<b>Subject is:</b>	Core	<b>Subject Credit Points:</b>	2		

#### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
<b>3</b>	<b>2</b>	<b>5</b>

#### Delivery Mode:

Face to Face 1 x 3 hour session, including lecture and practical application  
(On campus)

Full Time

Part Time

**Pre-requisites:** CMAC121, CMPR121, BIOH122

**Co-requisites:** Nil

#### Special Resource Requirements:

Two bath-sheet sized towels per student (Clinic towels must not be used)

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

Tui Na Therapeutics 1 introduces the basic concepts and applications necessary to apply Chinese remedial massage (Tui na). Students will initially explore the principles and theory related to Tui na practice in preparation to developing skill in the application of the twenty-four core Tui na techniques. By subject conclusion students will be making critical judgements with relation to which combination of the twenty-four Tui na techniques are required in the management of a range of general massage and basic musculoskeletal injuries.

#### Learning Outcomes

1. Integrate and explain how Chinese medicine theory and principles intersect with Tui na specific theories and principles.
2. Discuss and explain all cautions and contraindications associated with the general practice Tui na and its treatment techniques.
3. Identify, define and consistently apply the twenty-four core Tui na techniques that can be used in the concurrent management of specific Chinese medicine diagnoses.
4. Outline a basic Tui na sequence of techniques, that when applied align with a specific Chinese medicine diagnosis made as part of an acupuncture treatment.
5. Define, interpret and continuously demonstrate appropriate work, health and safety.
6. Define, interpret and continuously demonstrate cultural sensitivity and ethical considerations.

Assessment Tasks				
Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Continuous Skill Development</b> (80% attendance and active participation required)	2-6	1-13	Sessions 1-13	Pass/Fail
<b>Mid-semester Progressive Clinical Assessment</b> (rubric-based)	2-6	1-6	Session 7	20%
<b>Practical Exam</b> (1 hour)	2-6	1-13	Practical Examination Period	50%
<b>Final Written Exam</b> (1 hour)	1-6	1-13	Final Examination Period	30%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				
The overall pass rate for this subject is 50%				
Additionally students must pass the Final Written Exam with a mark not less than 50%				

#### Prescribed Readings:

- Chengnan, S. (2000). *Chinese bodywork: A complete manual of Chinese therapeutic massage*. Berkeley, CA: Pacific View Press.

#### Recommended Readings:

- Hongzhu, H. (2007). *Science of tuina = Tui na xue* (2nd ed.). Beijing: China: People's Medical Publishing House.
- Pritchard, S. (2009). *Chinese massage manual: A comprehensive, step-by-step introduction to the healing art of tui na*. London, England: Singing Dragon. [ebook available]
- Zhang, Y. S. (2002). *Tuinaology*. Beijing, China: People's Medical Publishing House.

Subject Content	
Week	Lectures and Practicals
1.	<b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources) <b>Introduction to Tui Na</b> <ul style="list-style-type: none"> <li>A brief history of Tui na</li> <li>The five major methods of Tui na</li> <li>Related techniques of Tui na</li> <li>Indications, contraindications and precautions of Tui na</li> <li>Tui na as an adjunct to acupuncture</li> </ul>
2.	<b>Tui Na Specific Work, Health and Safety</b> <ul style="list-style-type: none"> <li>Hygiene</li> <li>Safety</li> <li>Accepted standards of client management showing due respect for privacy, cultural and other differences (including draping techniques)</li> </ul> <b>The Twenty-Four (24) Techniques of Tui Na</b>

<p><b>3.</b></p>	<p><b>Tui Na Method - Rolling Method (Gun Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul> <p><b>Tui Na Method - One Finger Meditation Method (Yi Zi Chan Tui Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul>
<p><b>4.</b></p>	<p><b>Tui Na Method - Pressing Method (An Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul> <p><b>Tui Na Method - Suppressing Method (Ya Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul> <p><b>Tui Na Method - Finger Pressing Method (Dian Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul>
<p><b>5.</b></p>	<p><b>Tui Na Method - Round Rubbing Method (Mo Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul> <p><b>Tui Na Method - Kneading Method (Rou Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul> <p><b>Tui Na Method - Revolving Method (An Rou Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels</li> </ul>

<p><b>6.</b></p>	<p><b>Tui Na Method - Pushing Method (Tui Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul> <p><b>Tui Na Method - Wiping Method (Ma Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul> <p><b>Tui Na Method - Scrubbing Method (Ca Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul>
<p><b>7.</b></p>	<p><b>Tui Na Method - Grasping Method (Na Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul> <p><b>Tui Na Method - Rub Rolling Method (Cuo Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul> <p><b>Tui Na Method - Holding Twisting Method (Nian Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul> <p><b>Tui Na Method - Squeezing And Tweaking Method (Che Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels</li> </ul>
<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p><b>Semester 2</b> - The non-teaching week falls between Weeks 7 and 8</p>	

<p>8.</p>	<p><b>Tui Na Method - Plucking Method (Tan Bo Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Vibrating Method (Zhen Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Shaking Method (Dou Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Flicking Method (Tan Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul>
<p>9.</p>	<p><b>Tui Na Method - Rotating Method (Yao Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Stretching/Traction Method (Ba Shen Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul>

10.	<p><b>Tui Na Method - Chopping Method (Ji Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Patting Method (Pai Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Hammer Method (Chui Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul> <p><b>Tui Na Method - Dotting Method (Kou Fa)</b></p> <ul style="list-style-type: none"> <li>• Rationale for application</li> <li>• Clinical usages</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels</li> </ul>
11.	<p><b>General Tui Na Routine</b></p> <ul style="list-style-type: none"> <li>• Applying the techniques in unison</li> <li>• Head (scalp)</li> <li>• Neck (cervical region)</li> <li>• Back (thoracic and lumbar regions)</li> <li>• Hip (gluteal region)</li> </ul>
12.	<p><b>General Tui Na Routine (continued)</b></p> <ul style="list-style-type: none"> <li>• Upper limbs (hand, wrist, forearm, elbow, upper arm and shoulder)</li> <li>• Lower limbs (upper leg, knee, lower leg, ankle and foot)</li> <li>• Abdomen</li> </ul>
13.	<p><b>General Tui Na Routine (continued)</b></p> <ul style="list-style-type: none"> <li>• Ribs</li> <li>• Face</li> <li>• Pulling it all together – the complete sequence</li> </ul>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b>        Note that make-up classes may be scheduled in this week</p>
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b>        Note that make-up classes may be scheduled in this week</p>
16.	<p><b>Final Examination Week 1</b>        Please refer to the Examination Timetable for your local campus for the exact day and time of exam</p>
17.	<p><b>Final Examination Week 2</b>        Please refer to the Examination Timetable for your local campus for the exact day and time of exam</p>