

Tuina in practice

Tuina is also called Chinese medical massage and it uses acupressure, many kinds of soft tissue manipulations and also joint mobilizations if necessary. It is a dry massage performed in a sitting position through a thin towel in case of neck, head, shoulder or arm problems and in lying position if the lower back or extremities are affected.



This form of massage is very relaxing. Usually patients feel revitalized: tension is released, blood circulation is improved, muscles are lighter and smoother, pain is eased. This is the best form of massage for office workers who are stressed and hold their body in the same position for long hours. A 15 minute Tuina session can do miracles, not to mention how easy it is to perform it in the office by a professional.



In my practice most commonly I come across patients with spinal problems, frozen shoulder and all kinds of muscle pain issues caused by the lack of exercise, too much work in front of the computer or bad posture.

20 min Tuina massage combined with 30 min acupuncture is a powerful treatment to overcome such problems. If the pain is chronic, usually I advise my patients to come twice a week for a combo treatment for 3-5 weeks, because like doing so, the pain gradually disappears and with a bit of attention and consciousness afterwards long-lasting effects can be achieved.

