What is Tui-Na?

By: Dr. Jamie Walkush

In Chinese, “Tui” means to push and “Na” means to pinch, hold, pull, or lift.

Tui-Na is an ancient healing method that dates back over 2500 years. In modern times, it is often compared to a fusion of both chiropractic and massage. In contrast, chiropractic uses techniques to adjust and stretch the body, whereas Tui-Na uses many techniques including pushing, pulling, stretching, rubbing, and rotating areas of the body.

**How does it work?**
Energy flows through the body in channels which correspond to different organs. By stimulating different points, similar to acupuncture, these organs can be activated or relaxed. It can also release tension to areas closer to the surface including skin, muscles, and joints. A body that is relaxed, and free of tension is better equipped to heal.

**What are the benefits?**

Tui-Na can improve function of internal organs such as liver, kidneys, heart. It can help activate nerves and muscles so it can be helpful in cases of weakness or paralysis or after an injury or surgery. It can help strengthen immunity and can be used for a variety of painful conditions such as muscle spasms, tendon and ligament injuries, and joint pain.

One of the biggest benefits in practice is that owners can be taught to perform this therapy at home. At home maintenance can stretch out the time between other therapies including Acupuncture and Animal Normalization Therapy.

**Who can use this?**

Tui-Na is incredibly safe and is an appropriate treatment for most patients, including old and young patients. It can be especially helpful for patients that are reactive to needles.

**What’s included in a Tui-Na prescription?**

Affected areas can be located by a veterinarian by feeling for imbalances in the body during a physical examination. The practitioner can then customize an individual treatment plan by choosing different Tui-Na exercises along with how often they should be performed, and for how long.