

Tui Na

Level 2

Conditions of The Upper Limb



Conditions of The Upper Limb Introduction

Level 2 introduces specific treatments upper limb conditions. Building on the concepts and techniques introduced in the previous level, additional hand techniques are incorporated into treatments that emphasize a global approach to treatment. A common mistake in diagnosis and treatment of pain and dysfunction of the upper limb is to focus only on local structures. Problems in the upper limb often start in the shoulder and neck, where there may be no pain at all, and manifest in the arm and hand. For example carpal tunnel pain and stiffness usually stems from misuse and/or dysfunction of the shoulder and neck. In some cases a pain in the arm can be the result of a problem in the hip, knee or ankle. Examining and treating only the painful areas will often be ineffective or achieve only temporary alleviation of the symptoms.

Like the wing of a bird, the arm begins at the scapular attachments to the spine. Therefore diagnosis and treatment of the upper limb should always begin with neck and thoracic area and include the front of the neck and the chest. For this reason each treatment presented in this section begins with the Tui Na basic neck and shoulder treatment. In this way the neck and shoulder girdle are always included in treatment of the upper limb.

Intermediate Hand Techniques

The hand techniques presented in Level 2 continue to develop the use of the body as the motivating force behind the movement of the hands. Subtler techniques, that vary the depth at which one is working, help to train the practitioner to become aware of the differing levels of stimulus/response that can be focused on during treatment.

1. Patting

The palm of the hand is used to rhythmically pat meridians, muscles and other areas of the body. The force is not strong; yet it penetrates through the skin and superficial muscle layers.

Note:

Use care when patting on people with a history of pneumothorax, or those at risk (usually thin, young males).

Areas of Use: Effects:

- Almost anywhere on the body, although with great care on the face and head or neck.

Practice Areas:

- in surfaces of the body
- Dan Tian
- Head
- Chest

Intention/Image:

Heavier than knocking

- Acts at the level of the skin and Wei Qi
- Can be used to activate or consolidate the Qi
- Similar to the action used in forming sand into a shape when making a sand castle
- Has the feeling of packing in and consolidating the Qi

2. Wringing

The tissues of large muscle groups are lifted and twisted back and forth with strong force. This technique, although similar to kneading, is a deeper technique affecting the level of the tendons and bones. The muscles are literally “wrung” back and forth between the two hands.

Areas of Use: Effects:

- The limbs

Practice Areas:

- Thigh
- Forearm
- Upper arm
- Calf
- Trapezius

Intention/Image:

- Acts at the level of the tendon and bone
- Frees adhesions
 - Separates tendons and bones
- Like wringing out a towel by twisting in opposing directions

3. Knuckle Rolling

A variation of basic rolling, in which the contact surface is the knuckles rather than the back of the hand. The action is like rolling your hand into a fist along the surface of the body. The smaller contact area makes it more useful than basic rolling for working around bony protrusions and crevices.

Areas of Use: thick, tight muscles

Effects:

- Acts at the deeper muscle layers
- Relaxes muscle tissue
- Moves Qi and Blood
- Separates adhesions

Practice Areas:

- Chest
- Buttocks and sacrum
- Bottom of foot
- Large, thick muscle areas

Intention/Image:

- The action is a little like rolling up a poster or a Chinese scroll Create a rolling wave that pushes forward and inward rhythmically

-
-
-

4. Slapping

This technique is considerably heavier than patting. The emphasis is on dispensing blockages of Qi rather than consolidating the Qi. It is primarily used on the more heavily muscled Yang surfaces of the body, although it may be used on the Dan Tian and chest area in certain circumstances.

Note:

Use care when slapping on people with a history of pneumothorax, or those at risk (usually thin, young males).

Areas of Use: Effects:

- Primarily the Yang surfaces of the body

Practice Areas:

- Yang surfaces of the body
- Behind the knee (for dampness)
- Over the kidneys (revival technique)

Intention/Image:

- Heavier than patting
- Dispersing rather than consolidating Qi
- Drives the Qi through the channels
- Like slapping a rug or pillow to knock the dust out
- Should feel like it disperses the Qi outward in all directions

5. Light Shaking

A technique in which a light, sustained traction is placed on a limb or joint while the practitioner sends a constant shaking force through the area to be treated. The amplitude of the wave is small and the pressure and force kept light.

Areas of Use:

- Limbs

Effects:

Mobilizes the joint

- Relaxes tendons
- Stops pain
- Moves Qi

Practice Areas:

- Arm and shoulder
- Ankle
- Leg and hip

Intention/Image:

- Like holding and shaking the end of a blanket to straighten or smooth it on the surface of a bed
- Creates sustained, regularly-spaced waves that travel in a specific direction through the target area and beyond

6. Chafing/ Scrubbing

In this technique, the skin is scrubbed or chaffed with palm, thenar eminence, or hypo-thenar eminence to create a warming effect or a concentrated sensation of strong heat.

Areas of Use:

- Most areas of the body, except the eyes, or over the genitals

Effects:

- Acts at the level of the Qi
- Activates the Wei Qi to warm local areas
- Dredges the channels
- Expels wind, damp and cold

Practice Areas:

- Kidney area
- Dan Tian
- Between the ribs
- Using knuckles—between the muscles of the forearm
- Joints and tendinous attachments

Intention/Image:

- Like briskly rubbing your hands to warm them when they are cold
- Create a penetrating, spreading heat

7. Bending/ Extending

These are passive manipulations in which the patient relaxes and the therapist actively moves the joint in order to increase joint mobility when movement is impeded.

This technique uses the principle of “if you want to open, first close; if you want to close, first open”.

Bending and extending are often combined with rotation or traction.

Areas of Use:

- Anywhere on the body

Effects:

- Mobilizes the joint
- Disinhibits the joints
- Realigns muscle fibers

Practice Areas:

- Elbow, Wrist
- Knee, Ankle
- Fingers and toes
- Head

Intention/Image:

- Like opening and closing a folding chair
Areas of Use: Effects:

•

8. Brushing/ Stroking

A very gentle technique in which the skin is lightly stroked or brushed using the finger tips or palmer surface of the hand.

Practice Areas:

- Arms • Legs • Chest
- **Effects:**
- Acts at the skin level
 - Activates and moves the Wei Qi
- **Intention/Image:**
- Like very lightly petting a cat or dog
- The action of your hand pulls the Qi

9. Rotation

Passive manipulations in which the therapist moves the joints along their proper axis of rotation in order to restore normal movement and range of motion. The rotational axis will vary with each joint and in many cases rotation is combined with extensions and flexion.

Areas of Use:

- Joints

Practice Areas:

- Neck
- Knee and hip
- Wrist
- Elbow
- der
- Ankle
- Shoul-

Intention/Image:

- Mobilizes and aligns joints and associated muscles and tendons
- Increases range of motion • Realigns muscle fibers
- There is no single image for rotation because it takes many forms, but in every case, as you perform rotation, your own body also rotates inside.

Ten Important Points for Practicing Qi Gong

1. Keep the head erect as though a thread suspends it.
2. Tuck the chin slightly to open Du-15 (*Ya Men*) and Du-16 (*Feng Fu*).
3. Sink the tailbone like a plumb line and relax the lower back.
4. Relax the waist and hips.
5. Round the upper back by gently pressing the shoulder blades forward.
6. Keep the chest slightly concave by softening the chest muscles.
7. Relax the shoulders and drop the elbows.
8. Touch the tip of the tongue lightly to the roof of the mouth.
This connects the Ren and Du meridians.
9. Breathe in a relaxed and unforced manner. The lower abdomen should expand with inhalation and empty slightly with exhalation.
10. Keep the mind relaxed but focused

Patting Qi Gong Exercises

The Patting Qi Gong is a method derived from Tuina and internal Gong Fu practices. Slapping and patting the meridians can activate the Qi, disperse blockages and consolidate the Qi. Because these methods send a reverberation through the superficial layers of the muscles and sinews, they also activate and stimulate the Wei Qi. In the martial arts, this can improve the ability of the body to take blows. In medicine, keeping the channels and network vessels open and activating the Wei Qi prevents the penetration of pathogenic Qi into the body.

Patting

- Activates the Qi
- Consolidates the Qi
- Patting is used on the yin channels and cutaneous zones, because the yin often tends toward deficiency, and because the yin zones of the body have thinner musculature and can be damaged more easily.

Slapping

- Activates the Qi
- Disperses rather than consolidates the Qi
- Drives the Qi through the channels
 - Slapping is used on yang surfaces of the body, because these areas are covered by thicker, heavier musculature.

PATTING SEQUENCE

1. **Pat** the head.
2. **Slap & Pat** *Dan Tien*.
3. **Pat** up the torso from the *Dan Tien* to the chest.
4. **Pat** and **Slap** the chest.
5. **Pat** the Lung Channel from the Chest to the fingertips.
6. **Slap** the Large Intestine Channel from the fingertips to the shoulder.
7. **Slap** the Stomach Channel on the face and then from the chest to the toes.
8. **Pat** the Spleen Channel from the toes to the chest.
9. **Pat** the Heart Channel from the armpit to the fingertips.
10. **Slap** the Small Intestine Channel from the fingertips to the scapula.

11. Pat the Bladder channel from the eyebrows to the back of the head and then **Slap** the Bladder Channel from the middle of the back down the legs.

12. Pat the Kidney Channel from the inside ankle to the chest.

13. Pat the Pericardium Channel from the chest to the fingertips.

14. Slap the Triple Heater Channel from the fingertips to the back of the shoulder.

15. Pat the Gallbladder Channel along the sides of the head to the nape of the neck, and then **Slap** the Gallbladder Channel from GB-21 (*Jian Jing*) to the feet.

16. Pat the Liver Channel from the toes to the chest.

17. Pat and **Slap** the *Dan Tien*.

Dao Yin Exercises

The Dao Yin Exercises date back to at least the Han Dynasty (202 BC to 220 AD). Dao Yin means literally “leading/guiding.” The purpose of these exercises is to regulate the Qi by rubbing the meridians or by packing Qi into specific areas of the body.

The Dao Yin Exercises are usually performed every day, first thing in the morning while lying or sitting in bed. The number of repetitions is based on Chinese numerology, in which nine or multiples of nine are believed to be Yang numbers, associated with the heavenly influences that help to dispel earthly accumulations and imbalances. The numbers are merely guidelines for starting out. Later you can do the number of repetitions that feels right for you.

Preparation: Before starting the exercises, take a few moments to calm the mind. Sit or lie comfortably and breathe slowly, letting the lower abdomen expand with the inhalation. If thoughts come to the mind observe them and let them pass on.

DAO YIN SEQUENCE

1. Click the teeth together nine times.
2. Circle the tongue behind the upper teeth producing saliva.
3. Swish the saliva in your mouth, and then swallow it in three parts. Imagine each part traveling down the midline of the body to the area below the navel. There, imagine the saliva transforming into steam like water hitting a fire. Imagine that the steam expands outward to fill and warm the lower abdomen.
4. Massage the nose: Rub the hands together to warm them. Use the side of the thumbs to massage downward from the center of the eyebrows and down along both sides of the nose nine times. Then massage LI-20 (*Ying Xiang*).
5. Use the fingertips to massage around the eyes nine times.
6. Wash the face with the palms nine times.
7. Comb the hair nine times.
8. Rub the neck & massage Du-16 (*Feng Fu*) & GB-20 (*Feng Chi*).

9. Beat The Sky Drum: with you hands covering your ears, flick your forefinger off of your middle finger to “drum” gently on the base of the skull.

10. Massage the ears.

11. Massage the throat nine times.

12. Rub the chest nine times.

13. Massage the six meridians of the arms twelve times. Brush from the chest to the fingertips along the three yin meridians and from the fingertips to the shoulder along the three yang meridians

14. Massage the left and right ribs nine times.

15. With both hands stroke upward from the lower ribs to the solar plexus.
Then with the hands touching, stroke down the midline of the body to the pubic bone. Repeat nine times.

16. Put one hand on top of the other and massage below the navel in a circle thirty-six times clockwise and then thirty-six times counterclockwise.

- If you suffer from constipation, massage only in a clockwise direction. This follows the direction of the movement of the intestines and aids elimination.
- If your stools tend to be loose or you have diarrhea, massage only counterclockwise as this aids absorption.

17. Massage the sacrum and the tailbone with the fingertips nine times.

18. Put the palms on the back and stroke upward from the sacrum to the kidneys. Repeat eighteen times.

19. Rub the knees with the palms, circling outward nine times and inward times.

20. With the palms massage the KI-1 (*Yong Quan*) on sole of each foot eighty-one times.

21. Stand. Massage the six meridians of the legs twelve times. Stroke up the inside of the legs on the yin meridians and down the outside of

the
legs on the yang meridians.

22. Relax and breathe and stand quietly for a minute.

BASIC NECK & SHOULDER SEQUENCE

NECK (Patient Seated)

GRASP & KNEAD below occiput.

GRASP the posterior neck, one side at a time. GRASP the trapezius muscle.

FOREARM PUSH down the trapezius muscles from the neck to the shoulder while holding the head with one hand. (Repeat on the other side.)

- Support patient's head in a neutral position;
- Stabilize the patient's opposite shoulder with your own body position

ROUND RUB from the base of the neck through GB-21 (*Jian Jing*) to LI-16 (*Ju Gu*).

SHOULDER

ROUND RUBBING with the thumb along the medial border of the scapula, and at the attachment of the levator scapulae.

PRESS & ROUND RUB from the superomedial angle of scapula up to the occiput.

Gentle PLOUCKING of the trapezius.

PALM EDGE HAMMERING on trapezius.

PRESS/ROUND RUB SI-11 (*Tian Zong*).

PLUCK lightly the pectoral and latissimus dorsi muscles.

GRASP posterior deltoid –pull towards anterior.

GRASP anterior deltoid – pull towards posterior.

ROTATE and move the arm while ROLLING the shoulder and scapular.

GRASP bicep and tricep muscles – be careful of Heart Channel.

DIG & ROUND RUB the brachialis - - access from LU-5 (*Chi Ze*) area at radial side of biceps tendon.

KNEAD/GRASP forearm.

WIPING to yin side of forearm, and to yang side of forearm (with thumbs).

BURSITIS OF THE SHOULDER

Basic Neck and Shoulder Sequence and add the following:

Using the palms or the fingers, course the Qi from *Jian Qian* (EXTRA POINT at anterior shoulder) to SI-10 (*Nao Shu*)

PRESS distal points LI-10 (*Shou San Li*), LI-11 (*Qu Chi*), and other sensitive points in that area.

PRESS and DIG Jing Well points LI-1 (*Shang Yang*) and SJ-1 (*Guan Chong*).

Connect and course the Qi from LI-6 (*Pian Li*) or LI-11 (*Qu Chi*) to LI-15 (*Jian Yu*).

Connect and course the energy from SJ-5 (*Wai Guan*) to SJ-14 (*Jian Liao*).

BRUSH from shoulder to fingertips to drain down to fingertips.

Gentle, sustained TRACTION and SHAKING with intent to course Qi through the channels.

RUB ROLL (Foulage) arm.

Notes:

- Often with Bursitis there is heat and swelling.
- Use care with plucking or direct pressure over bursa.
- Advise patient not to sleep on affected side.

ROTATOR CUFF TEAR

Basic Neck and Shoulder Sequence and add the following:

Using the palms or the fingers, course the Qi from *Jian Qian* (EXTRA POINT at anterior shoulder) to SI-10 (*Nao Shu*)

DIG, ROUND RUB, KNEAD *Jian Qian* (EXTRA POINT at anterior shoulder) as you rotate and move the arm.

PRESS distal points, LI-10 (*Shou Shu Li*) and LI-11 (*Qu Chi*), focusing on coursing the Qi through the injured area.

FROZEN SHOULDER

Basic Neck and Shoulder Sequence and add the following:

Holding and moving arm, ROLL pectoralis major and pectoralis minor, as well as teres major and teres minor.

Gently PLUCK and DIG into pectoralis muscles.

Gently PLUCK and DIG into teres major and teres minor.

Repeat above three steps.

Raising arm slightly, gently DIG and PRESS subscapularis approaching from the armpit.

SHAKING with traction to free joint.

BRUSHING down arm toward fingertips to course the Qi downward.

Note: Add Dr. Zang's shoulder mobilization:

- Raising arm with strong traction on supine patient.

(Ensure patient's palms is facing up and the patient's wrist, forearm, elbow, and shoulder are properly aligned.)

Rehabilitation Exercises: A key part of the treatment for frozen shoulder is exercising. Patient must be encouraged to do the exercises despite pain:

- Touch palm to opposite-side of chest, opposite-side ear, top of head, and reach upward.
- Climb wall with fingers – arm in front, arm to the side.
- Hold bar and lower body.
- Hang arm and rotate it into a large circle (e.g., with a soup can).
- Towel Pull (with affected arm lower in internal rotation).

BICIPITAL TENDONITIS

Basic Neck and Shoulder Sequence and add the following:

Gentle PLUCKING of the armpit.

PLUCKING and KNEADING to biceps tendon while opening the arm.

PLUCKING and KNEADING to brachialis - access from LU-5 (*Chi Ze*) area at radial side of biceps tendon.

Lift the biceps off the bone.

Connect LU-5 (*Chi Ze*) and LU-1 (*Zhong Fu*) and course the Qi as you move the arm.

SCAPULAR PAIN

Basic Neck and Shoulder Sequence and add the following:

ROLLING to back of shoulder while moving the arm.

With thumb PRESS and KNEAD point of pain while lifting and applying traction to arm.

PRESS, KNEAD and DIG insertion of teres major and teres minor. PRESS SI-11 (*Tian Zong*) with ST-13 (*Qi Hu*, just below clavicle at

subclavius muscle) to course the Qi through the shoulder.

With patient prone, bend arm behind back (internal rotation) and work fingers under scapula to release subscapularis and rhomboids.

- You can support the patient's flexed elbow by placing your knee under it.
- Alternatively, have patient supine and sit facing patient's side. Work fingertips under scapula. Traction scapula towards you to release rhomboids and subscapularis.

PLUCK and KNEAD the attachment of the latissimus dorsi muscle at the lower angle of the scapula.

Finish with range of motion movements.

Note: Scapular pain can be referred pain from ulcer.

NON-SPECIFIC ELBOW PAIN

Basic Neck and Shoulder Sequence and add the following:

Gently GRASP, KNEAD and PLUCK around the elbow joint and down the arm to the wrist.

TRACTION and separate the wrist (handshake position).

Range of Motion (ROM) of the elbow • Rotate

- Flex and Extend

Mobilize the thumb • Rotate

- Flex and Extend WRINGING to the forearm.

DIG and SINEW DIVIDE the interosseous membrane (between the radius and ulna).

SUPINATE and PRONATE the forearm gently as follows:

- Hold elbow and ROTATE wrist.

- Holds wrist and ROTATE elbow.

CHAFE and SCRUB along the meridians in the forearm.

PRESS and ROUND RUB LI-4 (*He Gu*) and LI-11 (*Qu Chi*) coursing the energy through the channel, through the elbow.

TENNIS (Extensor)/ GOLFER'S (Medial) ELBOW

Basic Neck and Shoulder Sequence and add the following: ROLLING to the forearm while moving and ROTATING it at the wrist

with the other hand.

DIG into the SJ-10 (*Tian Jing*) in the area of the olecranon as you rotate arm gently.

PRESS gently around the lateral (or medial) epicondyle.

ROTATE arm slightly and GENTLY DIG in the spaces between the lateral epicondyle, the humerus, and olecranon (or between the medial epicondyle and olecranon).

DIG and SINEW DIVIDE the interosseous membrane (between the radius and ulna).

SUPINATE and PRONATE the forearm gently as follows:

- Hold elbow and ROTATE wrist.
- Holds wrist and ROTATE elbow.
BEND (flex) and EXTEND the arm at the elbow.
ROTATE the elbow.
Course the Qi:
- PRESS and hold to connect PC-6 (*Nei Guan*) and PC-3 (*Qu Ze*) as you ROTATE arm gently.

- PRESS and hold to connect LI-4 (*He Gu*) and LI-11 (*Qu Chi*) as you ROTATE arm gently.
- Press and hold to connect SJ-5 (*Wei Guan*) and SJ-10 (*Tian Jing*) as you rotate arm gently.

BRUSH down the arm from the elbow to the wrist.

Note: Tui Na treatment can be performed with tendon lotion, or if there is inflammation, a pain-killing Tui Na liniment.

ARTHRITIC ELBOW

Basic Neck and Shoulder Sequence and add the following:

KNEAD and gently PLUCK the biceps and triceps muscles – be careful of Heart Channel.

DIGGING and PRESSING at SJ-10 (*Tian Jing*), LI-11 (*Qu Chi*), LI-10

(*Shou San Li*) and LU-5 (*Chi Zi*).

DIGGING and PRESSING between the olecranon and medial

epicondyle; and also between the olecranon and lateral epicondyle. DIGGING and PRESSING to the brachialis.

PLUCK (or RAKE) any hard tendon.

BEND (flex) and EXTEND the arm.

ROTATE the elbow.

SUPINATE and PRONATE the forearm gently as follows:

- Hold elbow and ROTATE wrist.
- Holds wrist and ROTATE elbow.

Note: In an arthritic elbow, range of motion may be limited.

INJURY TO TENDON SHEATH OF THUMB

(de Quervain's Tenosynovitis)

This condition may present with pain and/or weakness in the wrist and thumb, especially when lifting heavy objects.

Basic Neck and Shoulder Sequence and add the following:

Light DIGGING and PLUCKING at the styloid process of the radius with

slight traction of the wrist.

PRESSING and DIGGING LU-7 (*Lie Que*), LU-8 (*Jing Qu*), LU-10

(*Yu Ji*) and LI-5 (*Yang Xi*).

KNEAD and ROTATE each metacarpal bone (with traction).

BEND and EXTEND the thumb.

CHAFE and SCRUB from the styloid process to the thenar eminence.

Gentle (handshake) TRACTION and ROTATION of the wrist.

Notes:

- The first dorsal compartment of the wrist includes the tendon sheath that encloses the abductor pollicis longus and the extensor pollicis brevis tendons at the lateral border of the anatomic snuffbox.
- Finkelstein Test: Have the patient make a fist with the thumb inside the fingers. Then extend the wrist into ulnar deviation, i.e., towards the little finger. Test is positive if there is pain on the thumb side of the wrist near the styloid process of radius.

CARPAL TUNNEL SYNDROME

Basic Neck and Shoulder Sequence and add the following:

DIG and SINEW DIVIDE the interosseous membrane (between the radius and ulna) on the flexor surface of the forearm. PRESS tender points on the Pericardium Channel.

WIPING to yin side of forearm, the palm and the dorsum of the hand (with thumbs).

PRESS and ROUND RUB “*Ah Shi*” Point just distal to PC- 7 (*Da Ling*) located halfway between PC-7 and PC-8.

ROUND RUBBING (gentle) around the carpal tunnel with gentle TRACTION/ ROTATION of wrist.

KNEAD AND ROTATE each metacarpal bone (with traction).

PRESS and ROUND RUB SJ-5 (*Wei Guan*) with gentle TRACTION/ ROTATION of wrist, directing energy towards wrist.

Handshake TRACTION/ ROTATION of wrist
(or alternately traction/rotation with interlaced-fingers grip).

Notes:

- Be careful with pressure over the carpal tunnel. Go only to the depth of tendon sheath.
- Often Blood Deficiency is involved in this syndrome.

- Compression of nerves and blood vessels running down the neck into the arm can cause symptoms very similar to carpal tunnel syndrome.
- Phalen's Test: Have patient push the back of his/her hands together for one minute. This compresses the carpal tunnel. The test is positive if this position replicates the patient's symptoms.
- Tinel's Test: Tap the median nerve along its course in the wrist. Test is positive when this tapping causes worsening of the tingling in the fingers.

GENERAL WRIST PAIN

Basic Neck and Shoulder Sequence and add the following:

DIG & ROUND RUB the brachialis -- access from LU-5 (*Chi Ze*) area at radial side of biceps tendon.

DIG and SINEW DIVIDE the interosseous membrane (between the radius and ulna)

PRESS and ROUND RUB tender points along the Pericardium Channel.

PRESS and ROUND RUB tender points along the Triple Heater Channel.

DIG in the spaces just distal to the junction of the metacarpal bones.

KNEAD and ROTATE the metacarpal bones, with gentle traction.

WIPING to yin side of forearm, carpal tunnel area, the palm and the dorsum of the hand (with thumbs).

Gently TRACTION and ROTATE the fingers. Handshake TRACTION and ROTATE the wrist.

TRIGGER FINGER

The patient may experience a finger (or thumb) that catches or locks in a bent position, which cannot straighten without help or it suddenly pops straight. There is often tenderness or a bump (nodule) at the base of the affected finger.

Basic Neck and Shoulder Sequence and add the following: ROLLING to forearm.

ROUND RUB flexor side of forearm.

GRASP and KNEAD the forearm.

DIG and SINEW DIVIDE the interosseous membrane (between the radius and ulna) on the flexor surface of the forearm.

WIPING to yin side of forearm, the carpal tunnel area, the palm and the dorsum of the hand (with thumbs).

ROUND RUB the palm and thenar and hypothenar eminences.

ROUND RUB and PRESS in between the metacarpal bones, with gentle traction.

Thumb tip ROUND RUB flexor tendon of injured finger. TRACTION finger and ROUND RUB tendon of injured finger. ROUND RUB tendon and SIDE-BEND finger (with gentle traction). FOULAGE/ RUB-ROLL/ KNEAD fingers to finish.