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压

Shiatsu Anma

With

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Shiatsu Overview

- Hands on Techniques
 - Pressure Points
 - Body Stance/Weight
 - Sequence
 - Cautions

DEFINITION OF SHIATSU:

- Shiatsu therapy is a form of manipulation administered by the thumbs, fingers, and palms, without the use of any instrument, mechanical or otherwise, to apply pressure to the human skin, correct internal malfunctioning, promote and maintain health, and treat specific diseases. - *Japanese Ministry of Health and Welfare*

History of Shiatsu

- Shiatsu, as well as *Teiate*, pronounced *te-ah-te* (which literally stands for "medical treatment" in Japanese), originated in Japan.
- There were many hands-on therapies called *Teiate* before traditional Chinese therapies such as Acupuncture and Tuina (called *Anma* in Japan) were introduced to Japan around 1000AD.
 - The practice of this massage was a semi-mystical activity performed by women and the blind.

Shiatsu Anma

- Shiatsu
 - Shi - finger
 - Atsu - pressure
- Anma:
 - An - press
 - Ma- soothe

What is Acupressure?

- Acupressure is an ancient healing art
- Developed in Asia over 5,000 years ago,
 - fingers to press key points on the skin to stimulate the body's natural self-curative abilities.
- Benefits:
 - release muscular tension
 - promote the circulation of blood
 - circulates life force energy to aid healing.

What is Acupressure?

- Acupressure uses gentle but firm pressure
- Uses same points as acupuncture and traditional chinese medicine
- Also integrates other bodywork therapies:
 - therapeutic touch
 - somatic work
 - healing imagery
 - energy psychology
 - massage therapy techniques

Acupressure vs Acupuncture

- Uses the same pressure points and meridians
 - acupuncture employs needles
 - acupressure uses gentle to firm pressure



Pressure Point Massage

- There are a variety of Pressure Point Massage Methods all using the same ancient trigger points.
- Varying rhythms, pressures, and techniques create different styles of acupressure.
 - **Shiatsu**, most well-known can be quite vigorous; firm pressure to each point for 3-5 seconds,
 - **Jin Shin** gently holds at least two points at once for a minute or more.
 - **Tuina** (Tui Na) Chinese and Thai Massage bodywork rigorously stimulates (Qi) in the points

Benefits of Shiatsu

- relieves pain
- balancing the body
- maintaining good health
- reduces tension
- increases circulation
- promotes deep relaxation
- relieves stress
- strengthens resistance to disease and
- promotes wellness
- corrects energy imbalances

Primary styles of accupressure

- **Jin Shin** - developed in Japan by Jiro Murai
 - Discovered the “Ki Flow” in his own body
 - mapped a powerful healing system of points.
 - Combinations of points are held with the fingertips for a minute or more, usually with the client on their back. (supine)

Primary styles of accupressure

- **Shiatsu** -developed by Tokujiro Namikoshi 1919
 - Shi (finger) Atsu (pressure)
 - Based on the Chinese techniques of Do-in (similar to yoga) and Anma (similar to western massage).
 - Uses firm rhythmic pressure on the points for three to 10 seconds with the palm or the thumbs following a sequence of points designed to awaken the meridians.

Primary styles of accupressure

- **Zen Shiatsu**

- **developed by Shizuto Masunaga (1925-1981)**

- Same as Shiatsu, with the addition of using the whole body and incorporating stretches and leverage to awaken the meridian channels of the body. The practitioner works within a meditative state, focusing on the responses of the recipient to properly direct the therapy, as opposed to focusing on selection of pressure points by a theoretical system.

Primary styles of accupressure

- **Barefoot Shiatsu (a-shiatsu)**
 - Uses the foot, giving the practitioner the added advantage of leaning weight into the client.

Balancing systems of the body

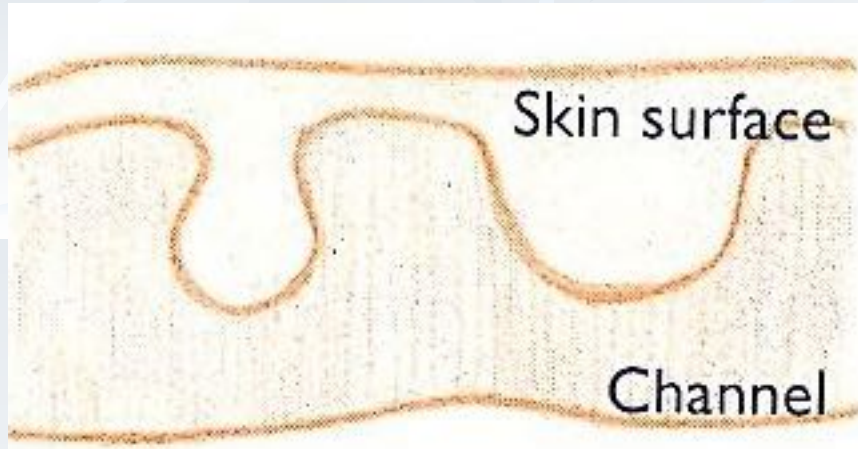
- Many ailments traced to body imbalance
- Tension and internal stress inhibits the body's ability to cope
- Acupressure targets points, which tend to collect muscular tension, and meridians

Meridians: the pathways along which healing energy flows from point to point.

Tsubos vs Trigger Points

- Tsubo points: located along the meridian system
 - Tsubo means well or vessel
 - A hollow or opening in the channel where ki (chi) gathers and can be influenced by applying pressure
 - located between the muscle and the bone
- Trigger Points: located in the belly of the muscle
 - a knot in a muscle fiber consisting of a mass of sarcomeres in the state of maximum continuous contraction

Tsubo Anatomy



Normal Tsubo

- Pressure is accepted
- Ki responds
- Pain is a 'good' pain

Blocked Tsubo

- Difficult to penetrate
- Ki is blocked
- Uncomfortable pain

The body's warning signals

- Tension is a stagnation of the bodily flows:
 - the nerves - meridians
 - lymphatic ducts - blood vessels
- Contributing Factors:
 - Lack of exercise, poor diet, alcohol and drugs
 - Emotional repression, neurotic habits, as well as
 - Common stresses of day-to-day living
 - physical conditions or blocked emotions
 - whether conscious or not
 - lock the homeostatic mechanism of the body, restricting proper function.

Painful Conditions

Deficiency Conditions

Characteristics:

- **Likes to be touched**
- **Alleviated by moderate pressure, warmth and rest**
- **Aggravated by use**

Treatment:

- **Supplementing or tonifying techniques**

Painful Conditions

Excessive Conditions

Characteristics:

- **Doesn't like to be touched**
- **Aggravated by pressure or stimulation**
- **Becomes more severe with stimulation**

Treatment:

- **Dispersing techniques**

Pain Symptoms

Chi (ki) stagnation

- Pain varies in severity, mild to severe
- Distention, heaviness, aching
- Migratory and intermittent
- Masses (lumps) change in size and are moveable
- Emotionally: sighing, irritability, frustration, depression, gloominess

Pain Symptoms

Blood stagnation

- Pain is persistent and severe: intense, sharp, stabbing, radiating, “shooting”
- Location is fixed
- Includes tumors, cysts, enlarged organs

Kneading Techniques

- **Focus on channel, not specific points**
- **Purpose is to relax channel, open flow of blood and chi**
- **Prepares the points to be pressed**
- **Helps to diagnose blocked chi**

Kneading Techniques

Cutting

- **Thumbs press at 90 degree angle across channel**
- **Move a thumb width a time along channel**
- **Feel for excessive (tight muscle) or deficiency (soft, empty) conditions**

Kneading Techniques

Rotating

- **Thumbs perform circular rotations across channel**
- **Press into channel, then up, out and around in arch pattern**
- **Best performed on larger areas of the body**

Pressing Techniques

Ordinary Pressure

- **Locate point and use moderate pressure**
- **Gradually press into the point, hold for 3 seconds, then release gradually**
- **Continue down the channel, point by point**

Pressing Techniques

Ordinary Pressure

- **Excessive:** Use tip of thumb, press with moderate pressure, hold, then press deeper, dispersing excess chi
- **Deficient:** Use flat part of thumb, relaxing the hands, and use moderate pressure to draw energy to the point

Pressing Techniques

Intermittent Pressure

- **Apply moderate pressure with thumbs and quickly release**
- **Do not hold the points**
- **Dispersing technique**

Pressing Techniques

Sustained Pressure

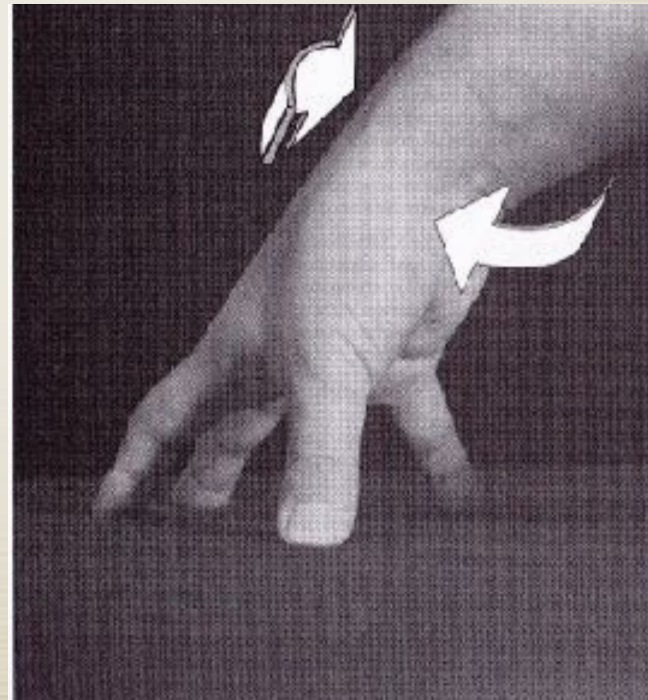
- **Apply moderate pressure with thumbs and hold for longer time period**
- **Hold can be static or vibrating to awaken the chi**
- **Hold the point for up to 3 minutes**
- **Tonifying technique**

Soothing Techniques

- **Bring heat to the area, equivalent to moxibustion**
- **Use thumbs and fingers in a rapid, brushing motion to bring heat to the area**
- **Use thumbs for precision**
- **Use fingers (forefinger and index) to cover a larger area**
- **For deficient conditions**

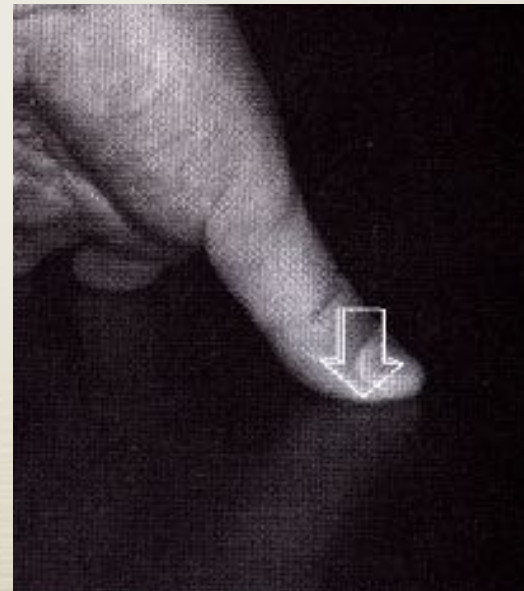
13 Rules to Avoid Injury

1. DO NOT rotate the thumb from the carpa-metacarpal or metacarpal-phalangeal joint



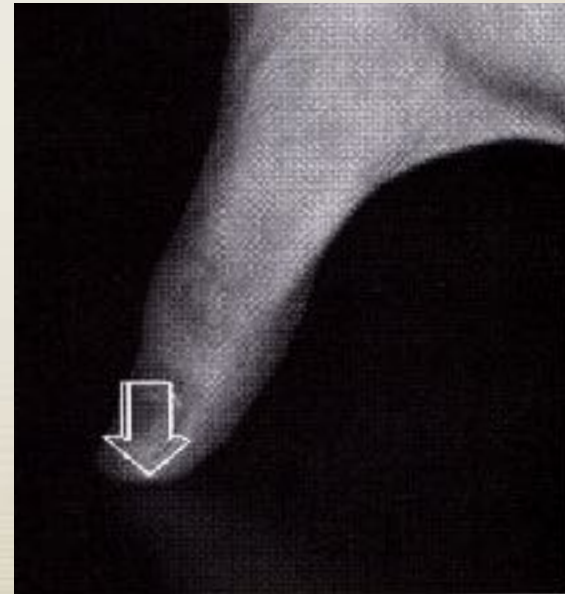
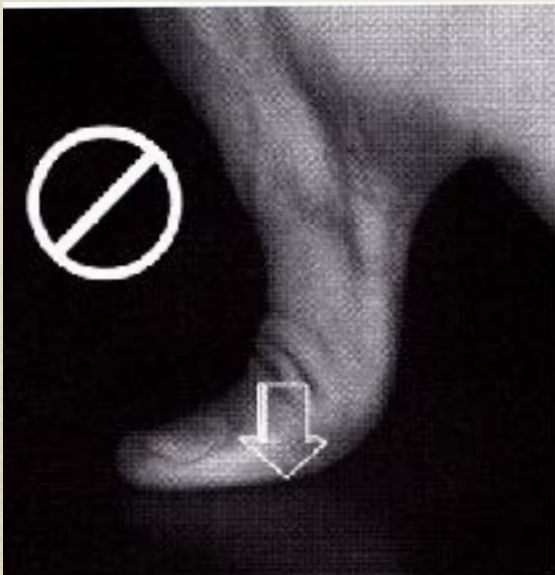
13 Rules to Avoid Injury

2. DO NOT apply pressure with a flexed thumb



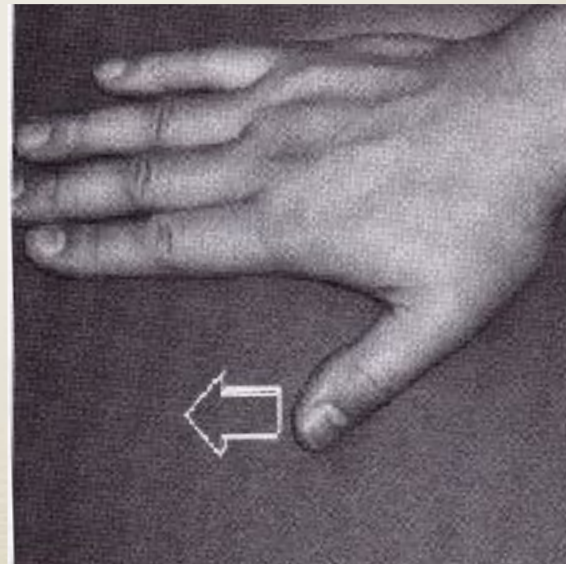
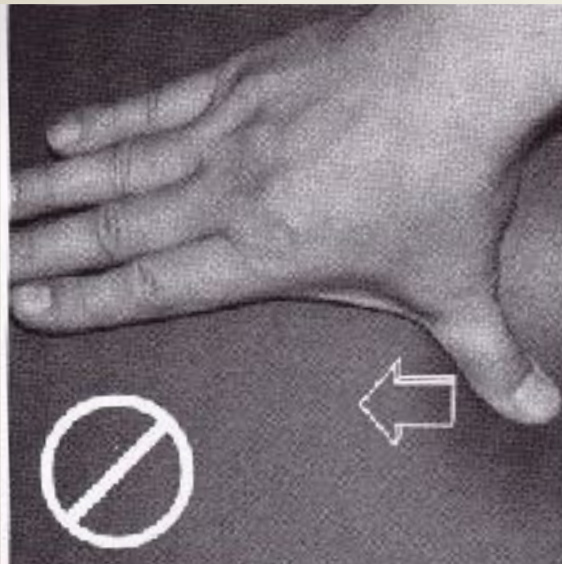
13 Rules to Avoid Injury

3. DO NOT apply pressure over the inter-phalangeal joint of the thumb



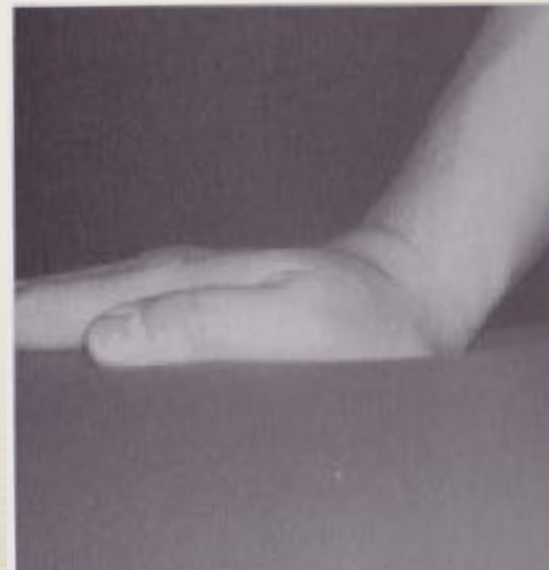
13 Rules to Avoid Injury

3. DO NOT hyper-abduct the thumb



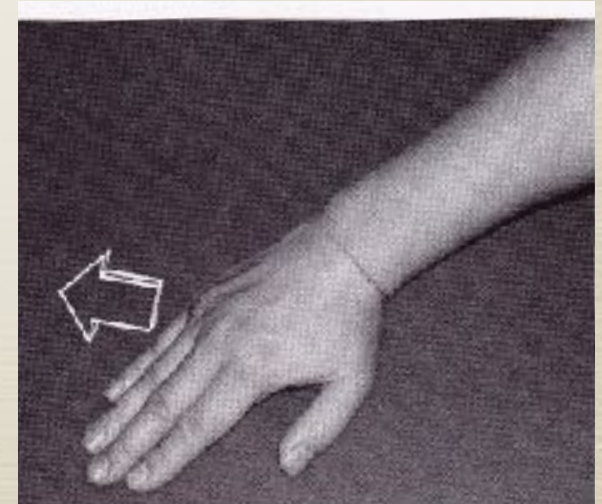
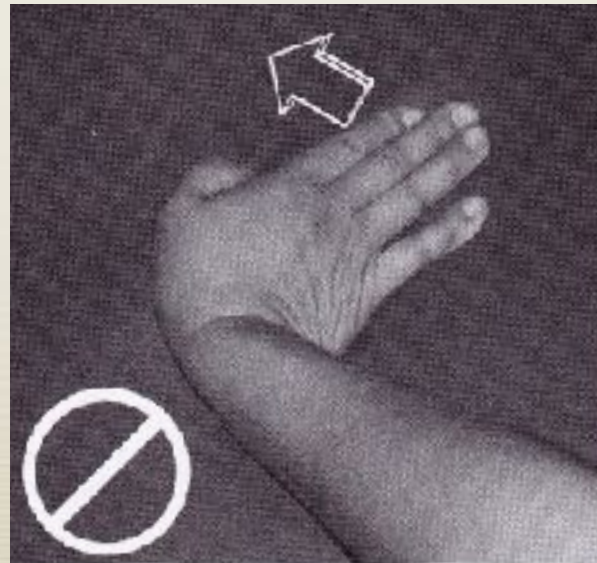
13 Rules to Avoid Injury

5. DO NOT hyper extend the wrist



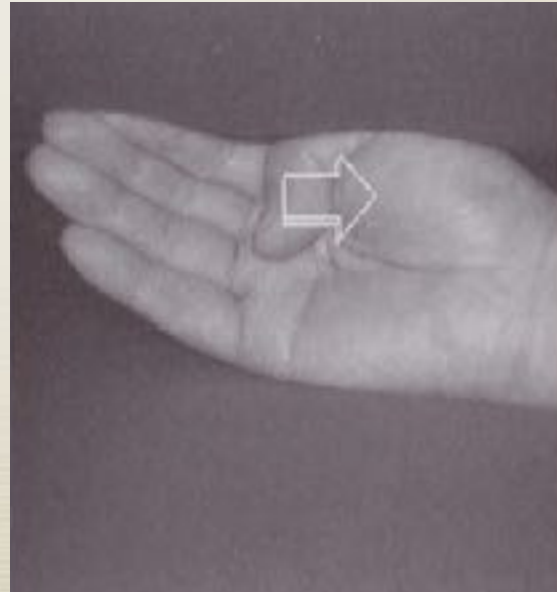
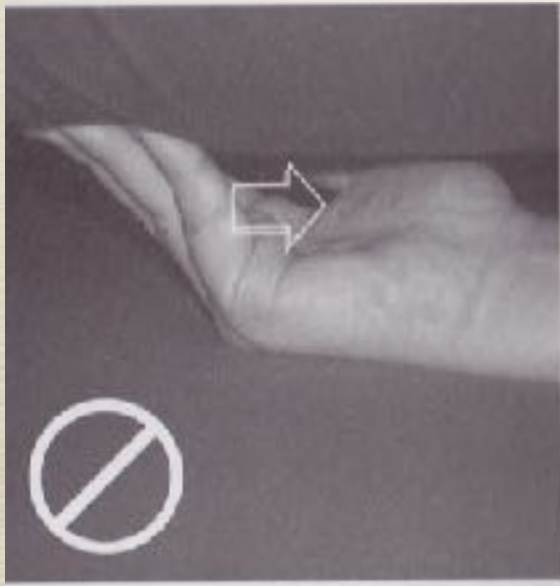
13 Rules to Avoid Injury

6. DO NOT hyper-abduct or hyper-adduct the wrist



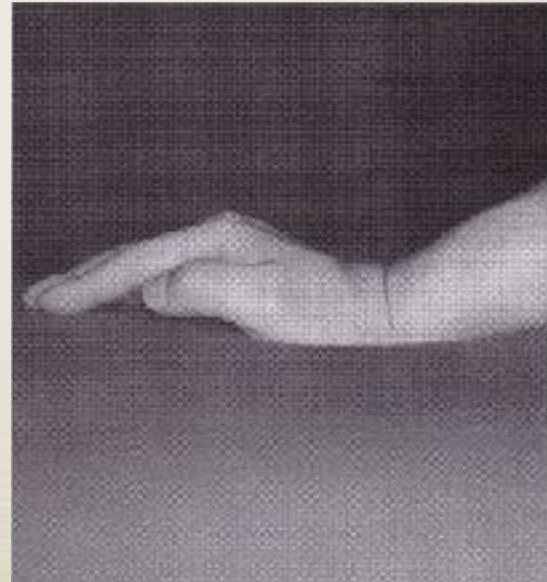
13 Rules to Avoid Injury

7. DO NOT support weight with the fingers when they are in flexed position



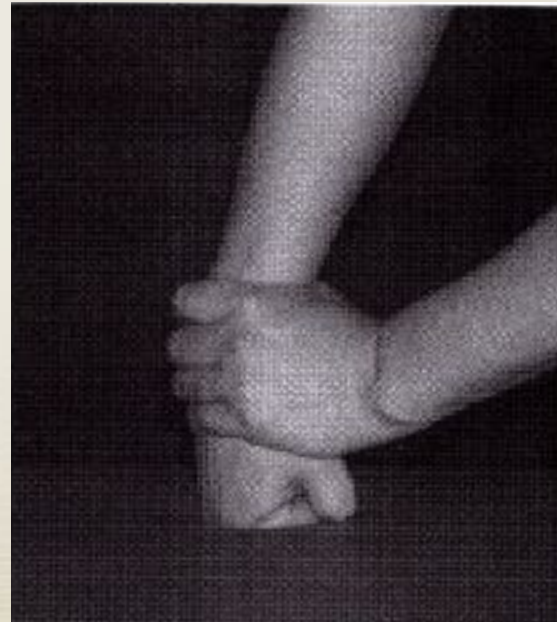
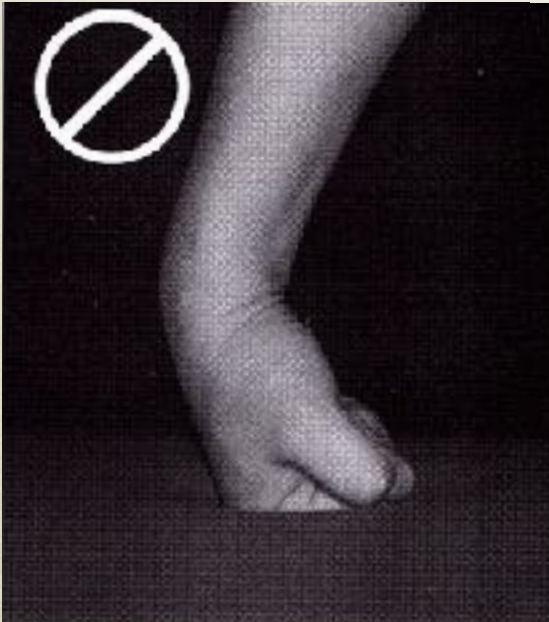
13 Rules to Avoid Injury

8. DO NOT apply any technique with the heel of your hand while the fingers and wrist are stiff



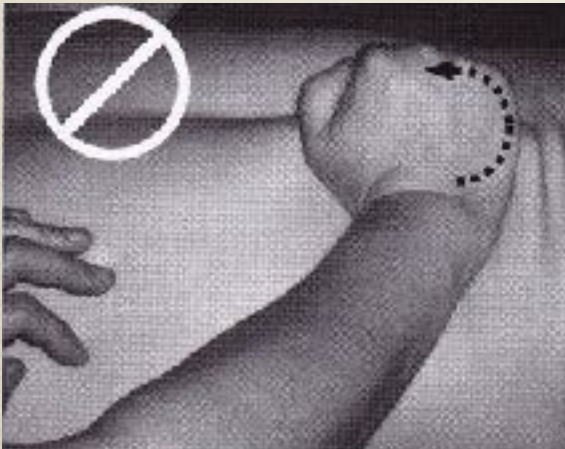
13 Rules to Avoid Injury

9. DO NOT apply pressure with the fist where the wrist could suddenly collapse



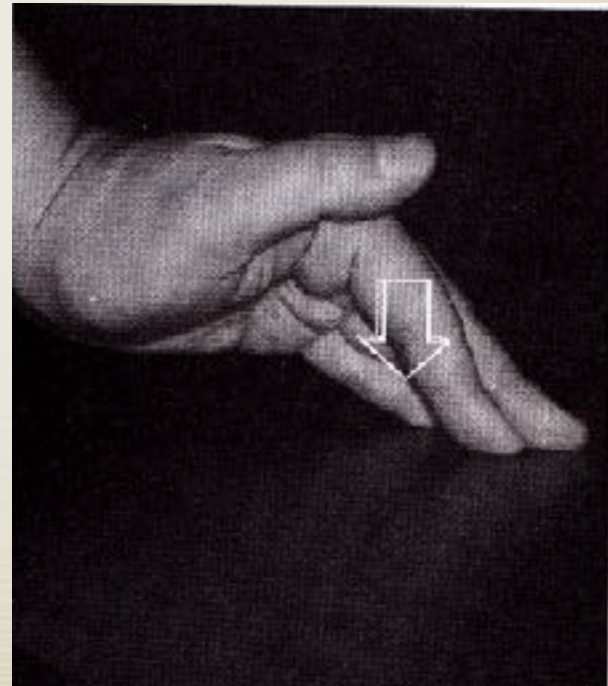
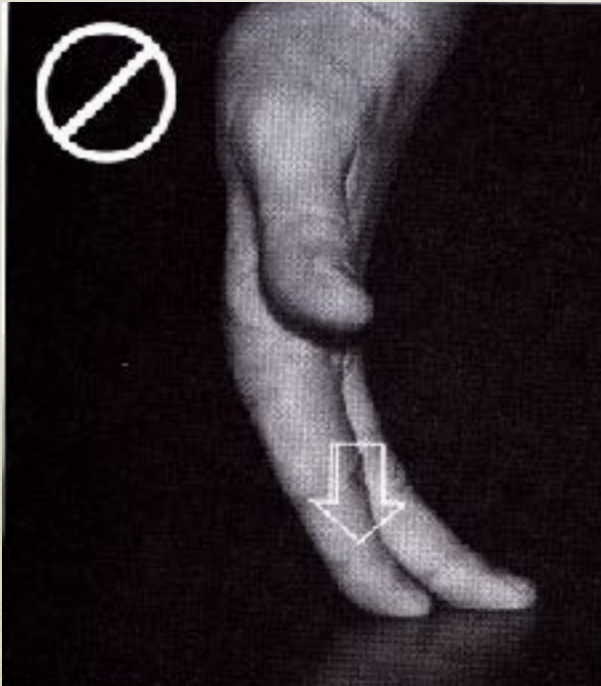
13 Rules to Avoid Injury

10. DO NOT rely on the wrist for movement and do not overuse the range of motion of the wrist



13 Rules to Avoid Injury

11. DO NOT hyper-extend the fingers



13 Rules to Avoid Injury

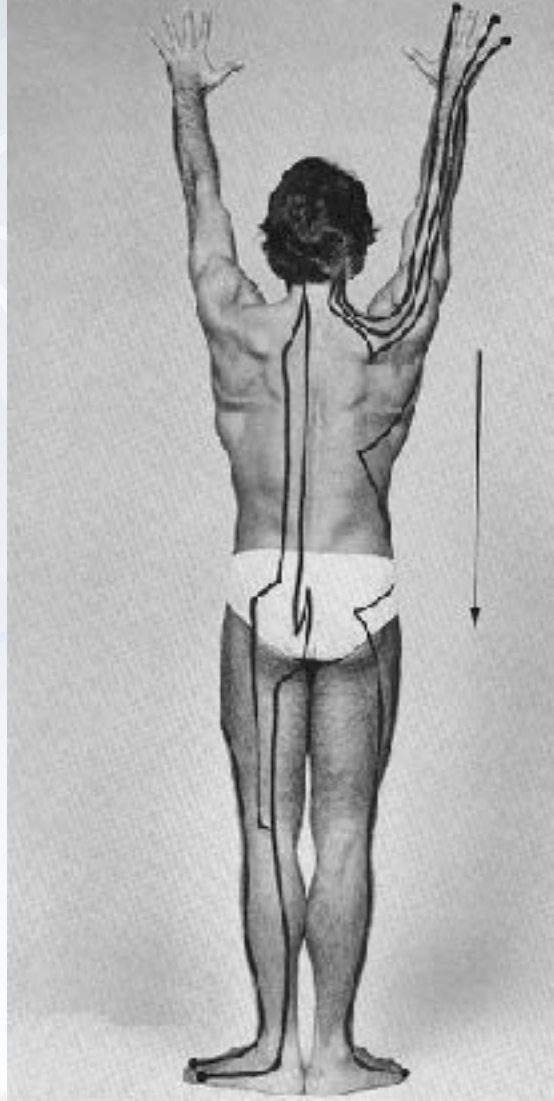
12. DO NOT repeat any one technique for too long a period of time in a session

13 Rules to Avoid Injury

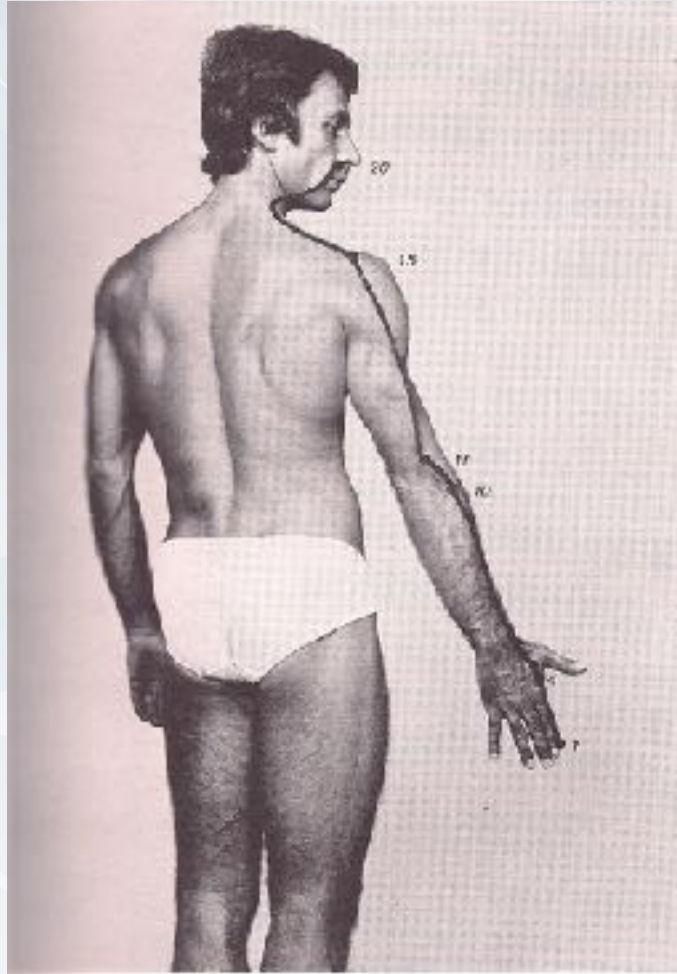
13. DO NOT give massage with your elbow raised above shoulder level



YANG Meridians

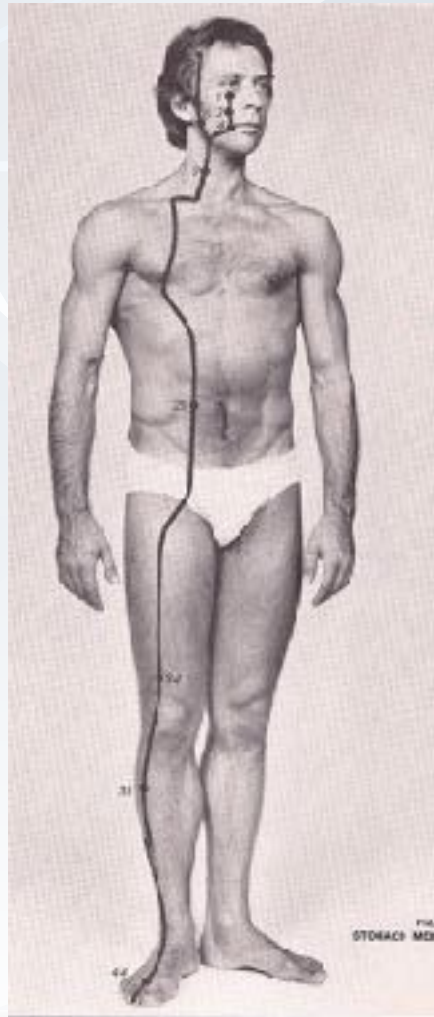


Large Intestine



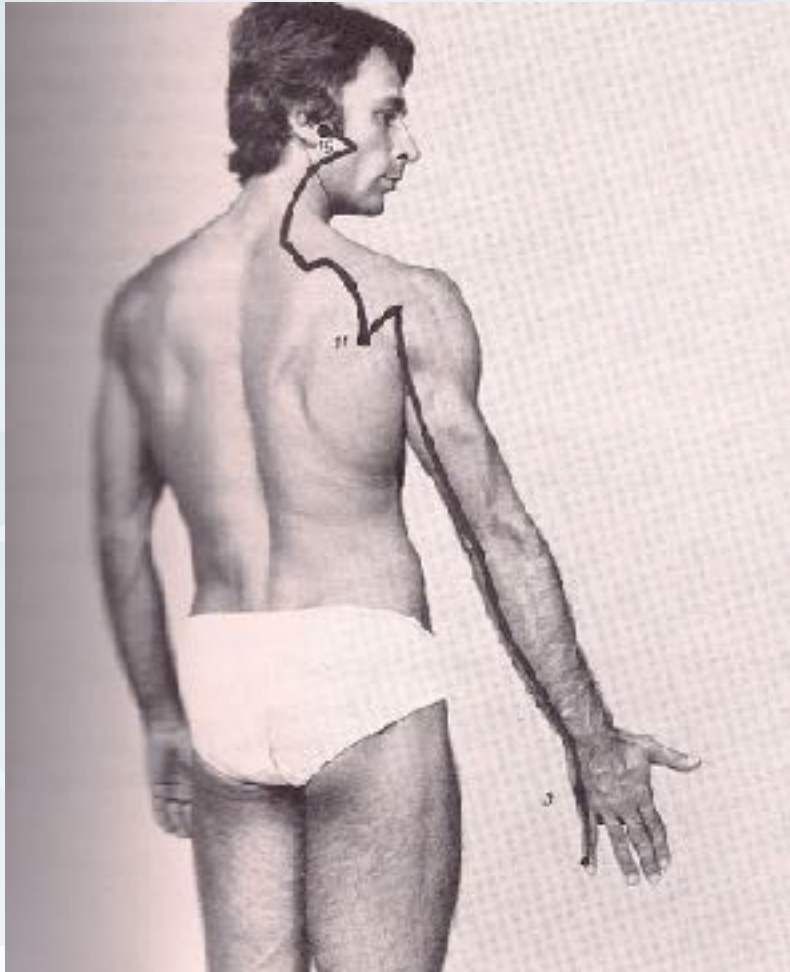
Client position: supine
Start: index finger
End: on face at the nostril

STOMACH



Client position: supine
Start: face, below eye
End: second toe

SMALL INTESTINE



Client position: side or prone
Start: little finger
End: on face, anterior to ear

BLADDER



Client position: prone
Start: inner canthus of eye
End: little toe

TRIPLE HEATER



Client position: side or prone

Start: ring finger

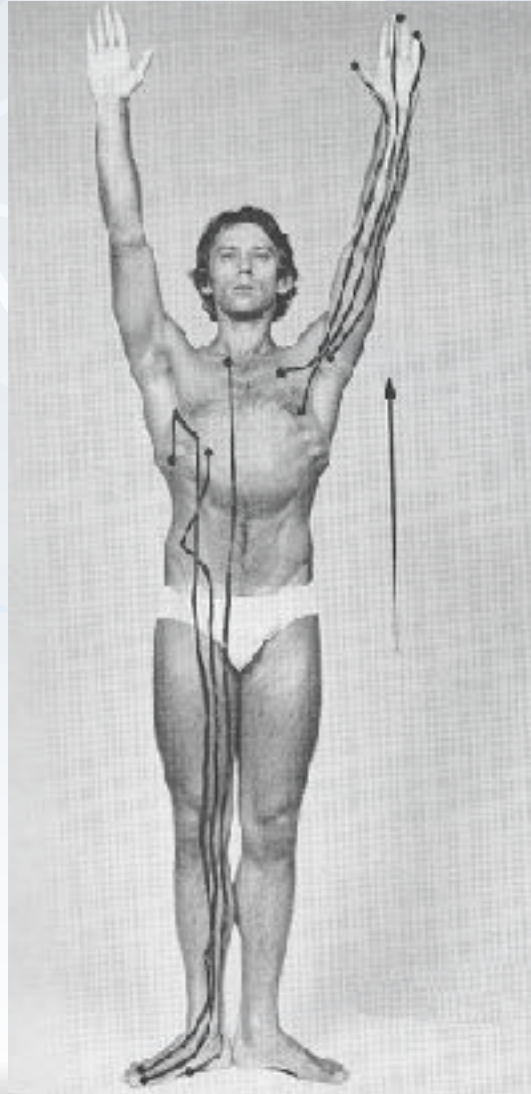
End: on face, lateral end of eyebrow

GALL BLADDER



Client position: side
Start: face, lateral to eye
End: 4th toe

YIN Meridians

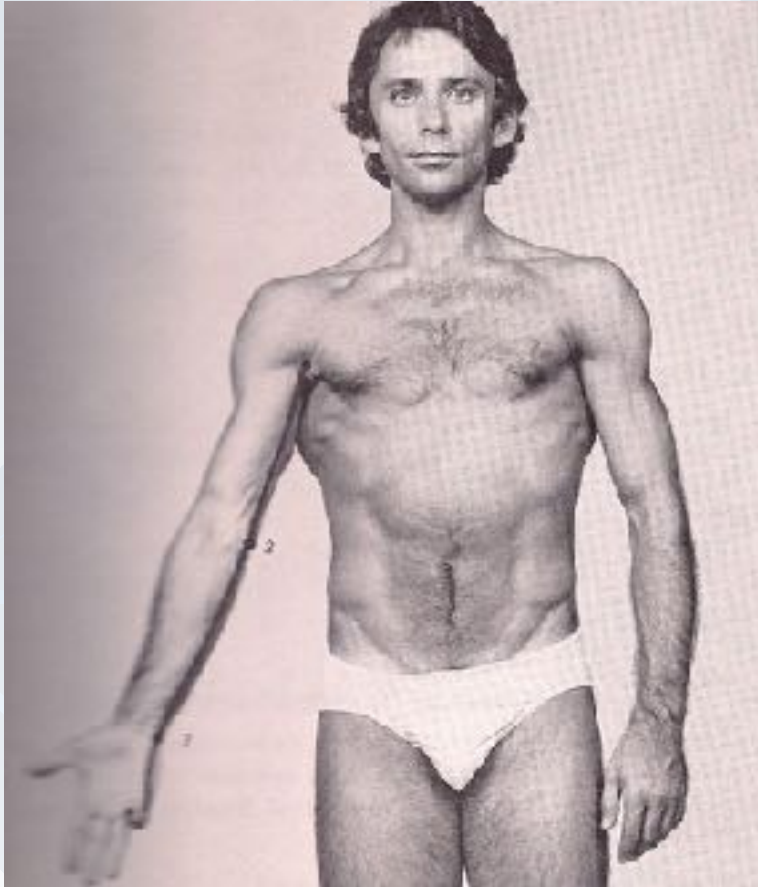


LIVER



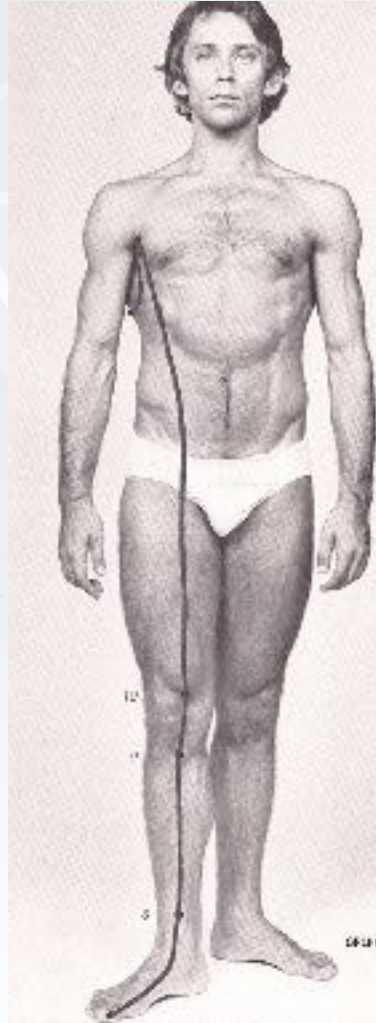
Client position: supine
Start: inside of big toe
End: 2nd rib below nipple

HEART



Client position: supine
Start: upper arm next to
axilla
End: little finger

SPLEEN

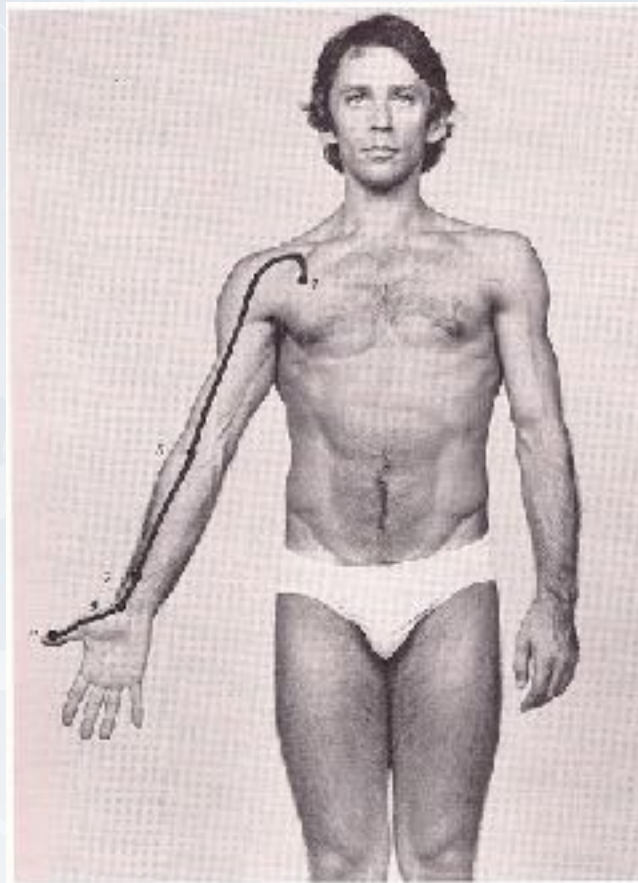


Client position: supine

Start: big toe

End: lateral on torso, 6th
intercostal space

LUNG



Client position: supine
Start: pectoral major,
below clavicle
End: thumb

KIDNEY

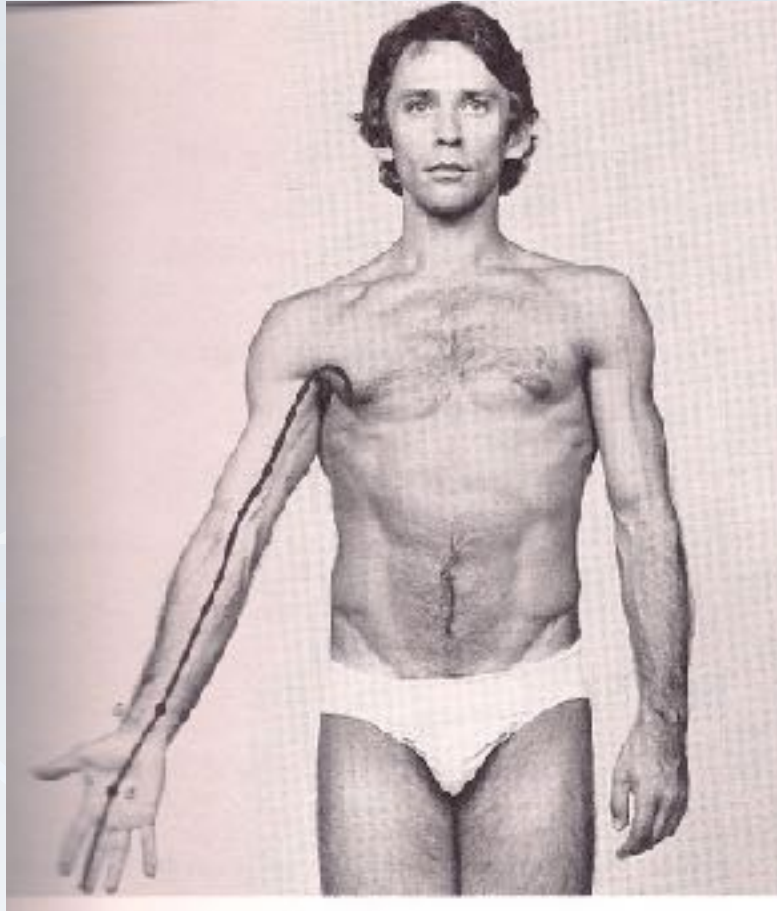


Client position: supine

Start: sole of foot

End: below clavicle, just lateral to sternum

PERICARDIUM



Client position: side
Start: pectoral major,
lateral to nipple
End: middle finger

The Arm Channels

Yin Organs

Yang Organs

Lung

Large Intestine

LUNG

Yin meridian

Client position: supine

Start: pectoralis major
below clavicle

End: thumb



LARGE INTESTINE

Yang meridian

Client position: side

Start: index finger

End: on face at the
nostril

Pericardium

Sanjiao (Triple Heater)

PERICARDIUM

Yin meridian

Client position: side

Start: pectoralis major
lateral to nipple

End: middle finger



SANTJIAO

(TRIPLE HEATER)

Yang meridian

Client position: side

Start: ring finger

End: on face, lateral
end of eyebrow

Heart

Small Intestine

HEART

Yin meridian

Client position: supine

Start: upper arm next
to axilla

End: little finger



SMALL INTESTINE

Yang meridian

Client position: side

Start: little finger

End: on face, anterior
to ear

The Leg Channels

Yin Organs

Yang Organs

Spleen

SPLEEN
Yin meridian

Client position: supine

Start: big toe

End: lateral on torso, in 6th, intercostal space



Stomach

STOMACH
Yang meridian

Client position: supine

Start: face corner of forehead and below eye

End: second toe



Liver

LIVER
Yin meridian

Client position: supine

Start: inside of big toe

End: 2nd rib below the nipple



Gallbladder

GALLBLADDER
Yang meridian

Client position: side posture for head, prone for leg

Start: face lateral to eye

End: at 4th toe



KIDNEY

KIDNEY
Yin meridian

Client position: prone

Start: sole of foot

End: on chest below clavicle, lateral to sternum



Bladder

BLADDER
Yang meridian

Client position: prone

Start: face at inner canthus of the eye

End: at little toe



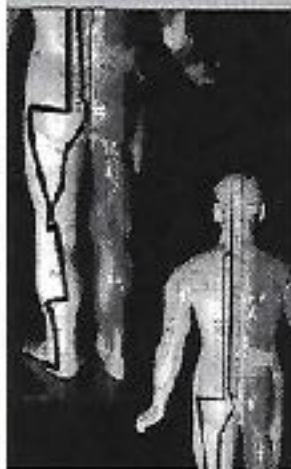
YANG CHANNELS: Exterior

Tai Yang or "Great Yang":

Arm: Small Intestine

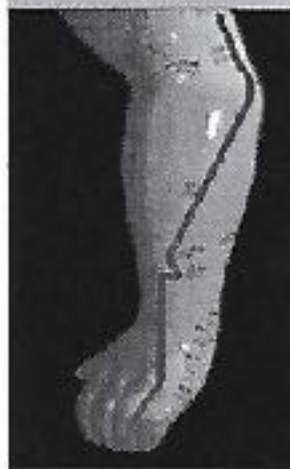


Leg: Bladder



Xiao Yang or "Young Yang":

Arm: Sanjiao



Leg: Gallbladder



Yang Ming or "Yang Brightness":

Arm: Large Intestine



Leg: Stomach



Hands on Techniques

■ THE SHOULDERS



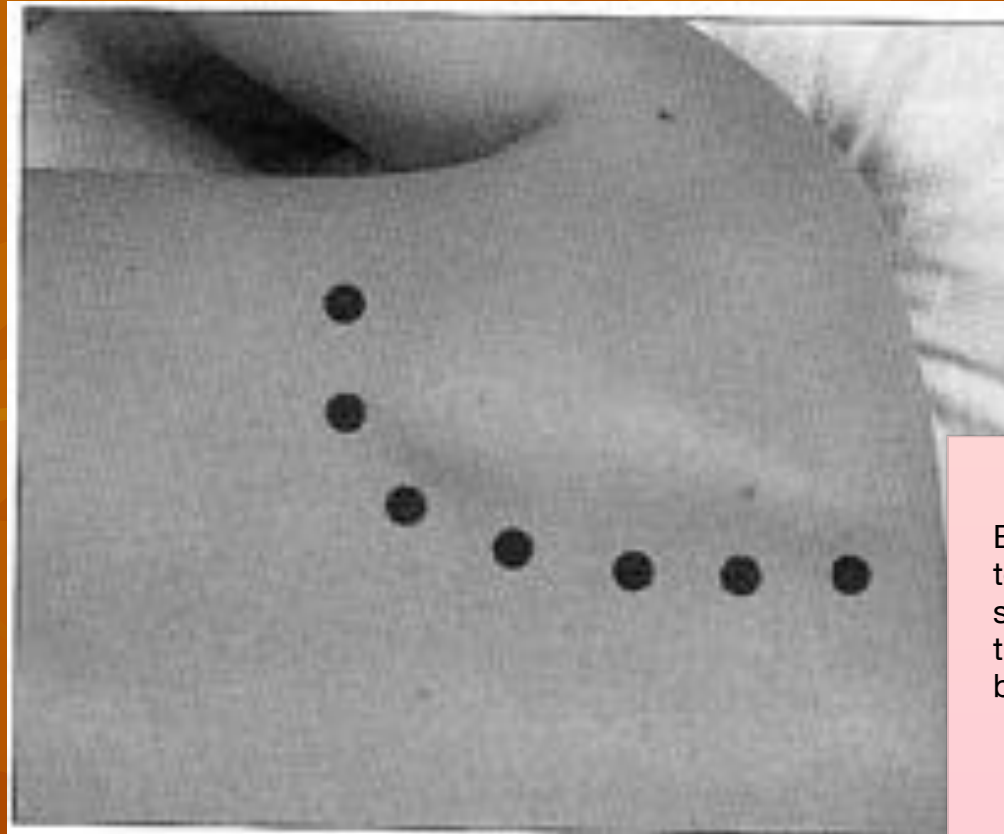
Benefits: releases tension in shoulders and neck; relieves related headaches; also aids the gall bladder

WARNING:

DURING PREGNANCY avoid pressure on the tops of shoulders - it can induce labour

Hands on Techniques

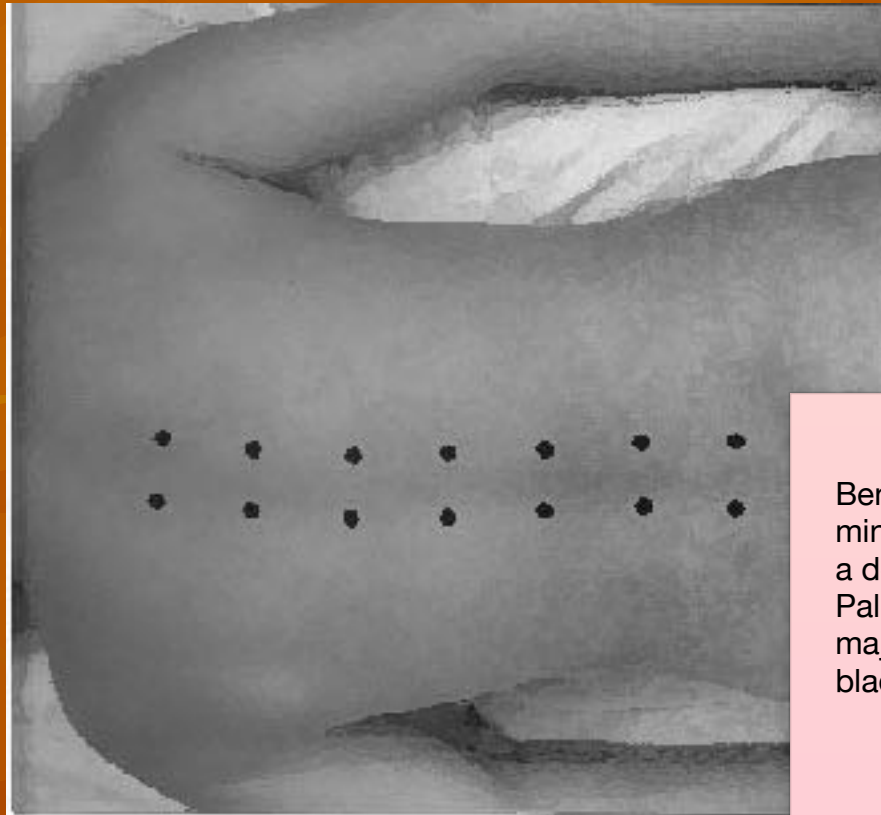
- THE SHOULDER BLADE



Benefits: helps to release tension surrounding the shoulder blades. Pressure on these points also assists the bladder.

Hands on Techniques

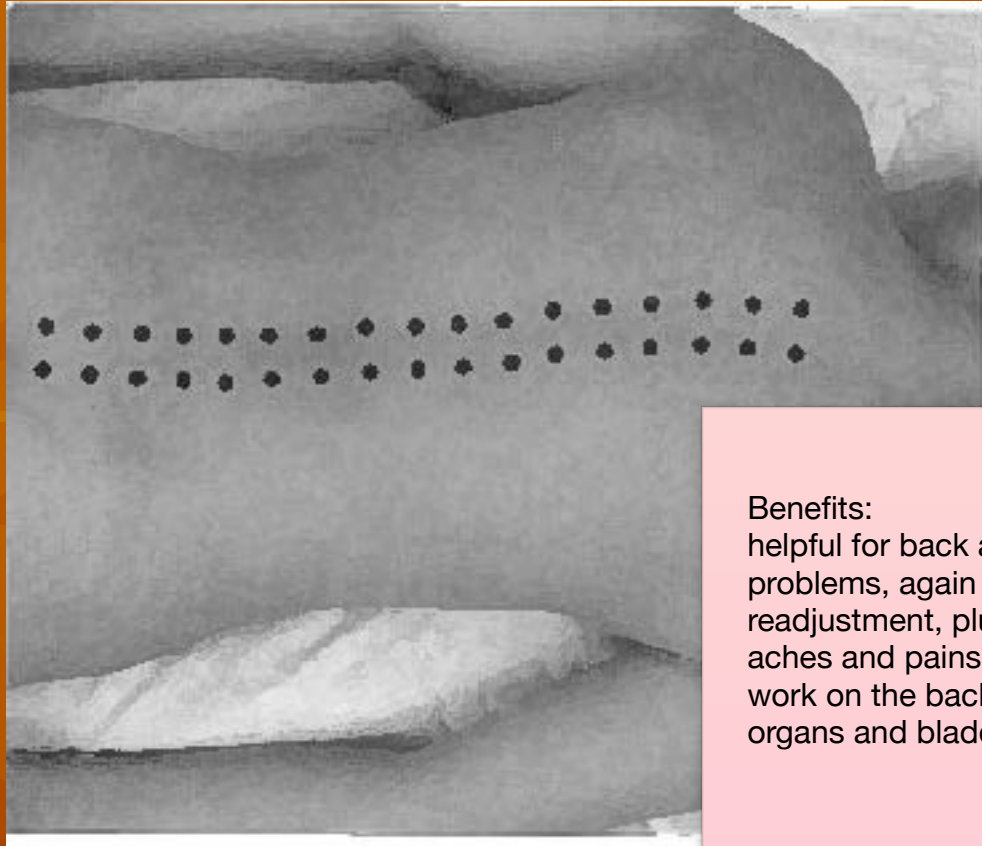
- BACK PALMING



Benefits: helpful for back-ache and minor back problems, often providing a degree of helpful readjustment. Palming the back also benefits all the major organs in general, and the bladder in particular

Hands on Techniques

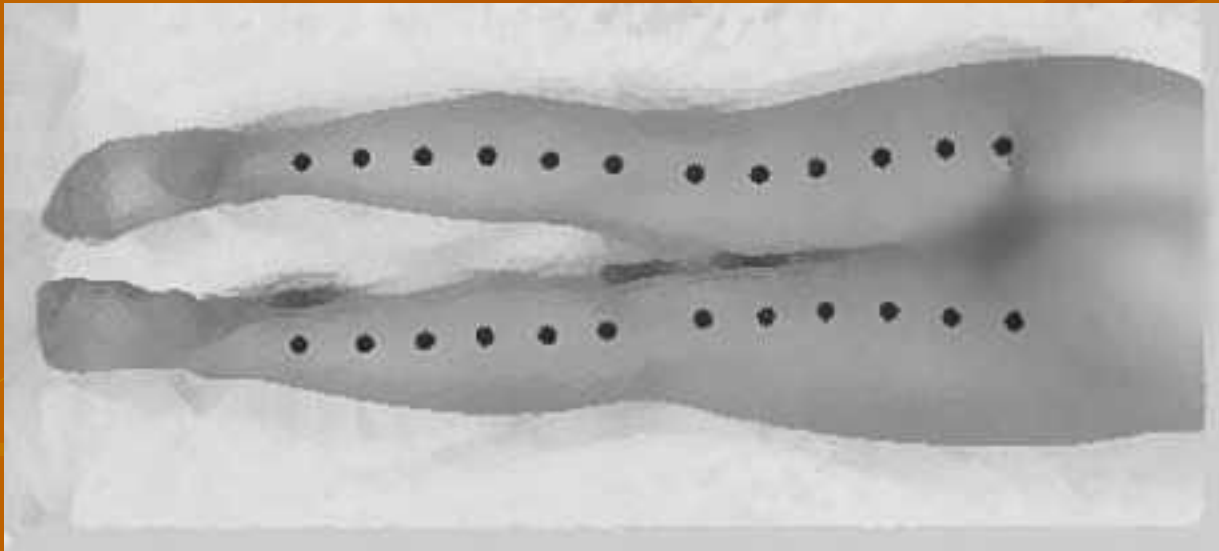
■ BACK THUMB PRESSURE



Benefits:
helpful for back ache and minor back problems, again providing a degree of helpful readjustment, plus more accurate treatment of aches and pains in the back. Pressure point work on the back also benefits all the major organs and bladder in particular.

Hands on Techniques

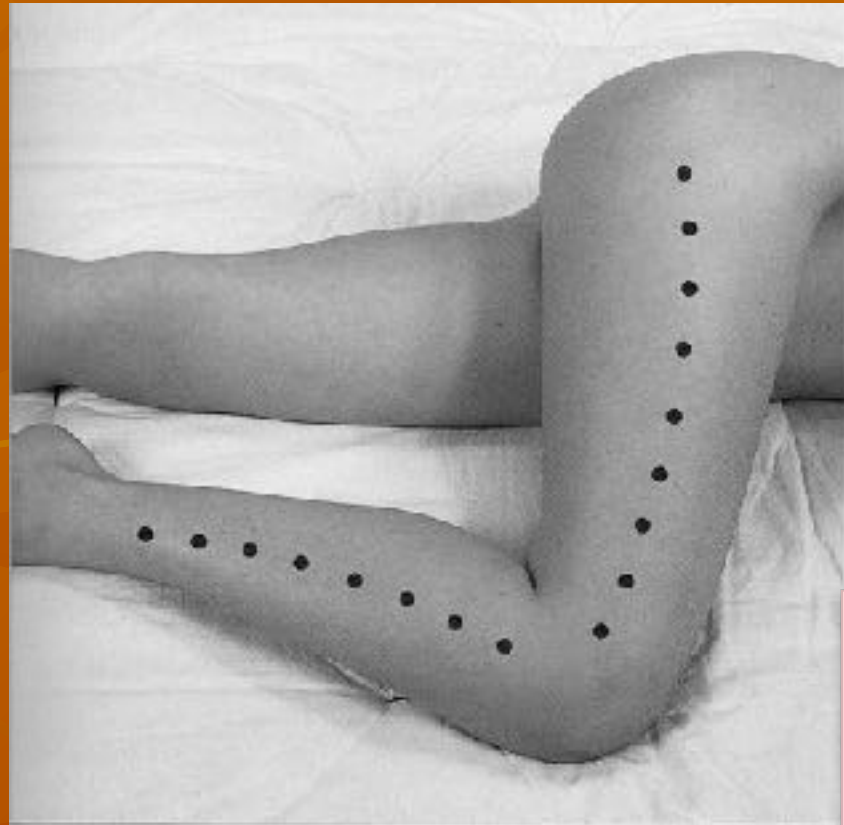
- BACK OF LEGS



Benefits: helpful for aching, stiffness or joint pains in the legs and hips. Also particularly assists functioning of the bladder.

Hands on Techniques

- OUTER LEG



Benefits: particularly assist functioning of the gall bladder.

Hands on Techniques

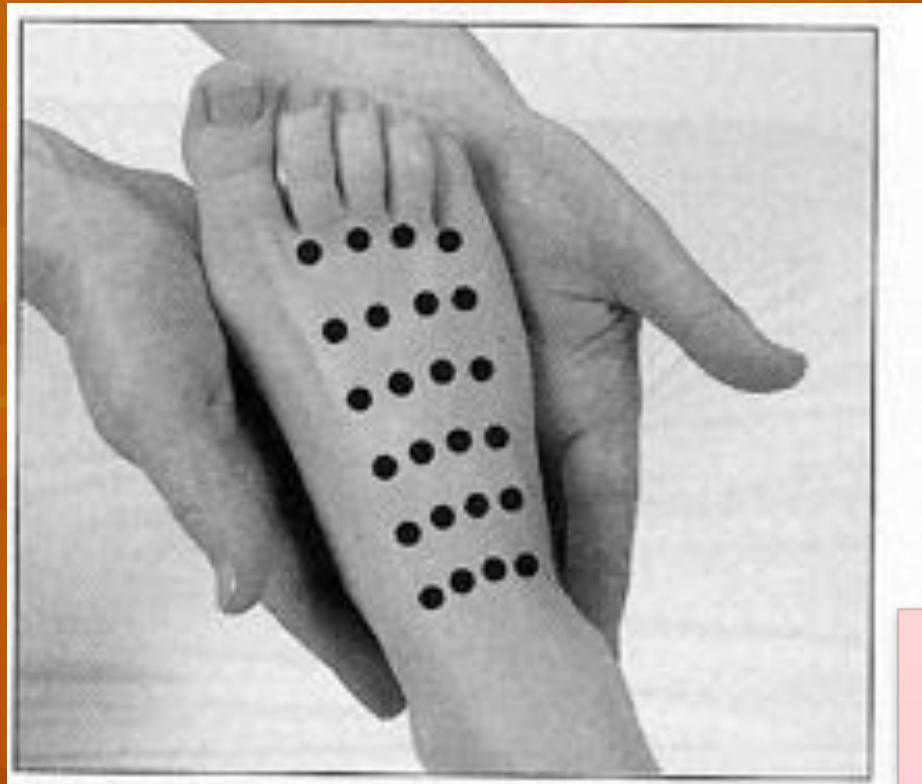
- FEET - SOLES



Benefits: treatment of these points assists not only the feet, but the whole body,; and in particular the kidneys and spleen.

Hands on Techniques

- FEET - TOP - (BODY SUPINE)



Benefits: helpful to the liver, the stomach and the gall bladder.

Hands on Techniques

■ INNER LEG



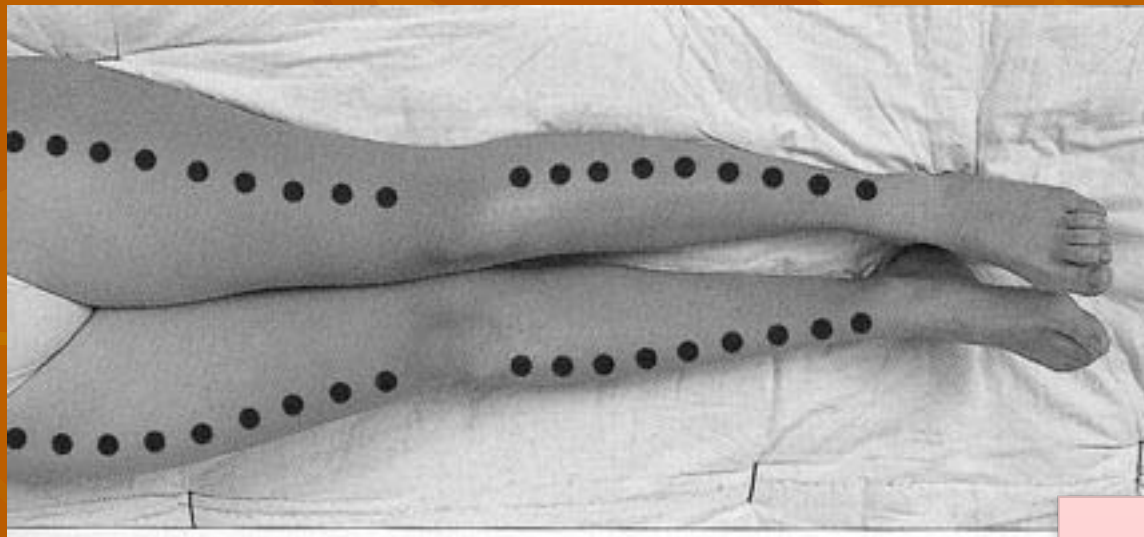
Benefits: (first line)
particularly helpful for the
spleen.

(second line)
these points assist the
liver in particular.

(third line)
treating these points
particularly helps the
kidneys.

Hands on Techniques

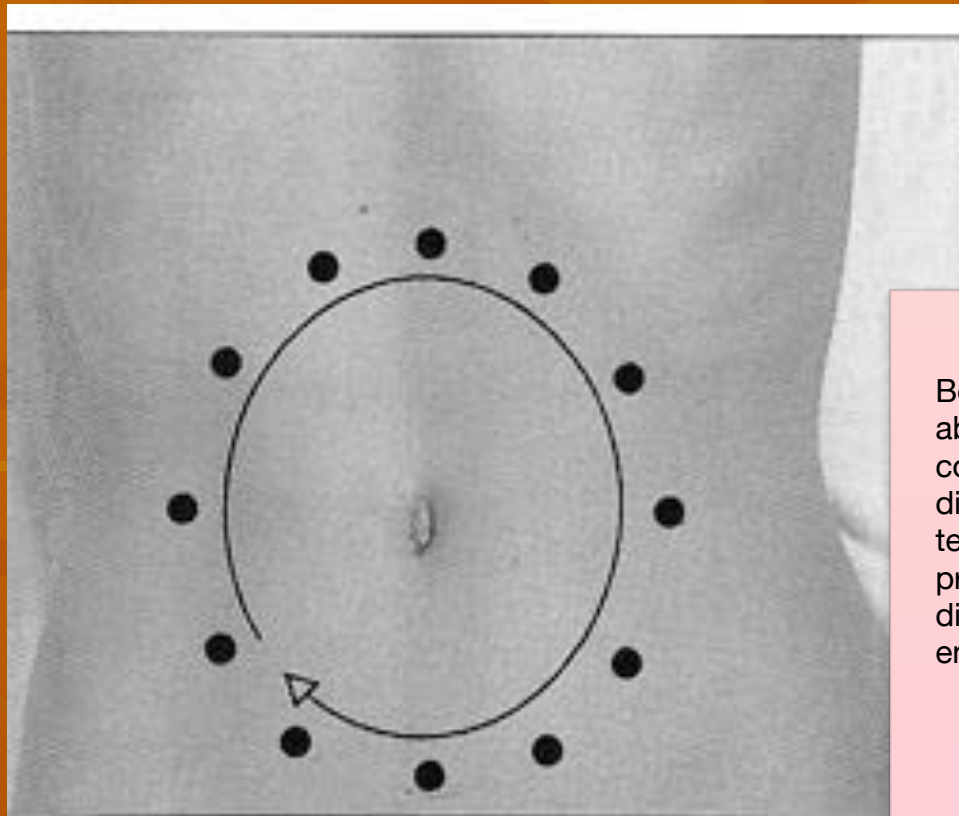
- FRONT OF LEG



Benefits: treatment of these points particularly helps the stomach

Hands on Techniques

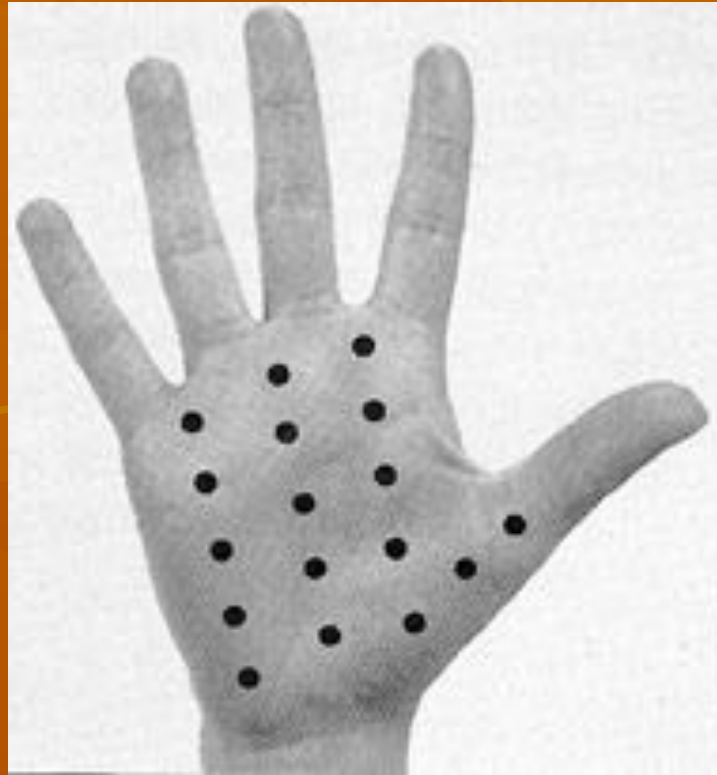
■ ABDOMEN



Benefits: Useful for all the abdominal organs; helpful for constipation, cramps, poor digestion, pre-menstrual tension and other menstrual problems, urination difficulties, lack of sexual energy and overall vitality.

Hands on Techniques

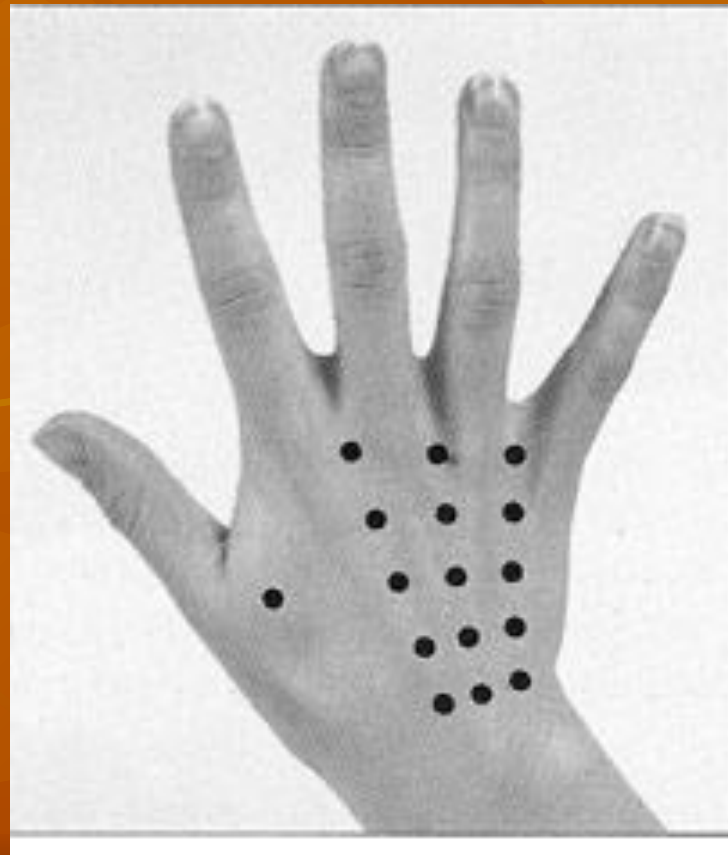
- HANDS - PALM



Benefits: helpful for stiffness or arthritis in the hands: also benefits the heart, circulation and energy levels, plus the lungs and breathing.

Hands on Techniques

■ HANDS - BACK

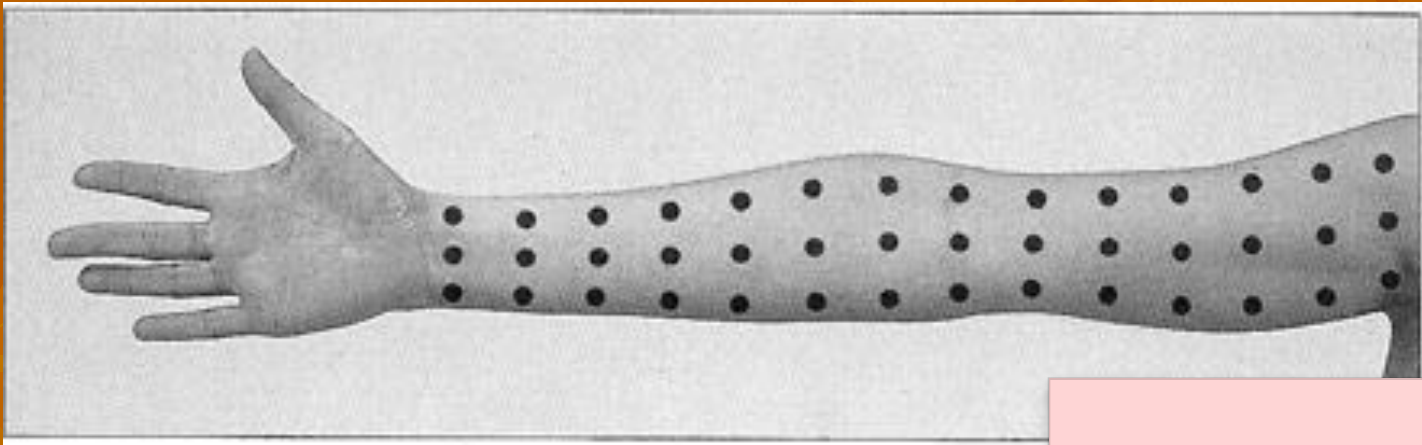


Benefits: helpful for circulation and arthritis in the hands; also benefits the large and small intestines, and body metabolism in general

DURING PREGNANCY do not use pressure between thumb and forefinger

Hands on Techniques

- INNER ARM



Benefits: treatment of these points is particularly helpful to the heart and circulatory system, and to the lungs and respiratory system.

Hands on Techniques

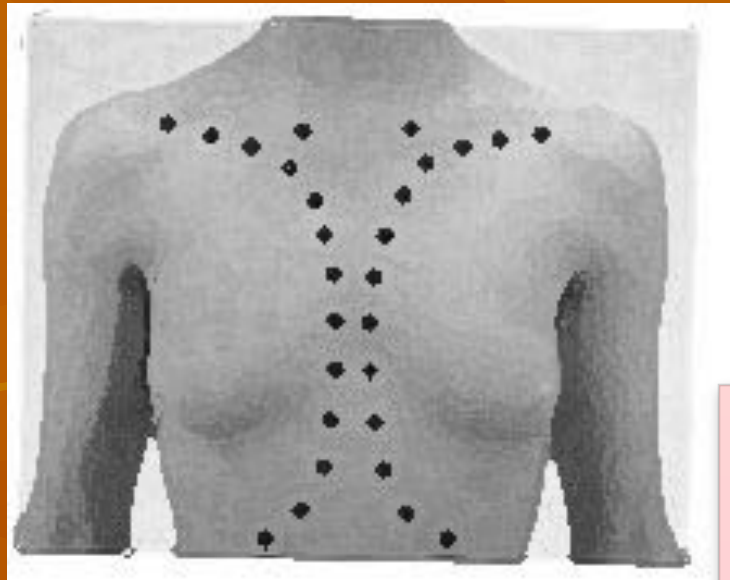
- OUTER ARM



Benefits: particularly helpful for the large and small intestines, ad body metabolism in general

Hands on Techniques

■ CHEST



Benefits: helps the lungs and breathing, and promotes release of chest tension and suppressed emotion; also helpful for asthma and lactation.

Hands on Techniques

- SHOULDER -THUMB POINTS



Benefits: helpful for shoulder and neck tension related headaches numbness and 'frozen shoulder', and functioning of the intestines.

AVOID DURING PREGNANCY

Hands on Techniques

■ NECK



Benefits: Helpful for insomnia, lateral headaches, neck tension, tinnitus, hangover and general stress. Also benefits the bladder, liver and gall bladder.

Hands on Techniques

- FACE - CHEEKBONES

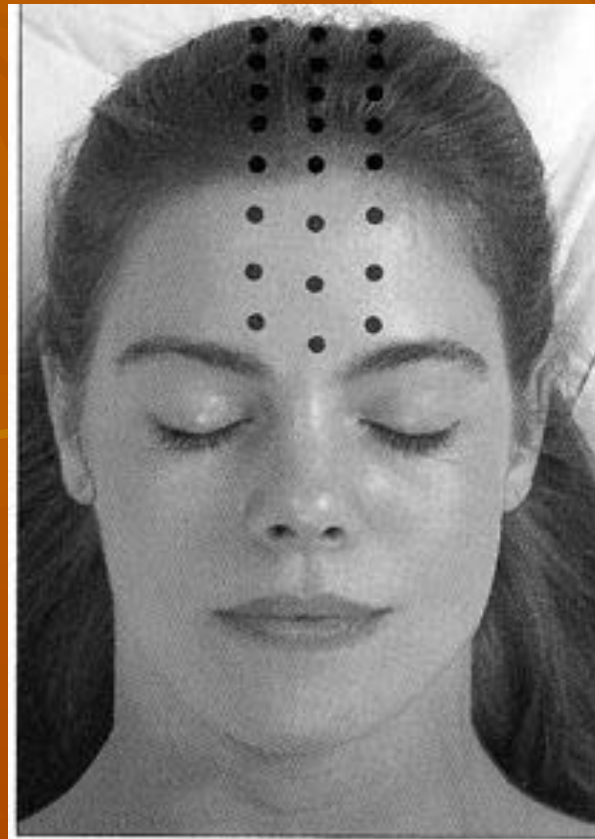


Benefits:

These points are especially helpful for sinus congestion but also relate to the large intestine and stomach.

Hands on Techniques

■ FACE - FOREHEAD



Benefits: helpful to the bladder. Helps release headache and tension in the front of the head, as well as calming the mind.