



## TUINA & TAO-YIN

Amongst the oldest forms of medicine written about and practiced in China, Tuina (originally classed as a part of Anmo but renamed about 500 years ago to separate from massage) and Tao-Yin (also can be spelt and pronounced as Dao Yin) are still relevant and effective forms of medicine in today's society.

The Academy of Oriental Medicine have been instructing and practicing these therapies for many years. The course includes all the traditional methods along with a western knowledge of anatomy and physiology and a modern method of muscular skeletal diagnosis.



ACADEMY OF ORIENTAL MEDICINE  
UNIT 12 B BATES INDUSTRIAL ESTATE, CHURCH  
ROAD, HAROLD WOOD, RM3 0HU

**TEL: 01708 370822**

[WWW.ACADEMYOFORIENTALMEDICINE.CO.UK](http://WWW.ACADEMYOFORIENTALMEDICINE.CO.UK)

# TUINA & TAO-YIN

CHINESE  
PHYSICAL THERAPY  
&  
POSITIONAL  
RELEASE  
TECHNIQUES

❁ ICNM APPROVED ❁

### Course Pre-Requisites

Anmo - Chinese Remedial Massage  
(or equivalent), Cranial Balancing,  
Fu Bu Anmo (Abdominal Massage)

# Tuina & Tao-Yin

Chinese Physical Therapy & Positional Release Techniques



## COURSE PRE-REQUISITE

Anmo (Chinese Remedial Massage), Cranial

## COURSE LENGTH

10 Modules (1 Module being a 2 day attendance lecture)

## COURSE CONTENTS

- Health & Safety in practice
- Contra-Indications to Tuina & Tao-Yin
- History of Tuina, Tao-Yin, Qi Gung, Mobilisation Techniques.
- Understanding Ligaments, Tendons, Joints
- Relevant Anatomy & Physiology
- Muscular-Skeletal Testing & Evaluation
- Stacking & Locking Techniques
- Re-Patterning Techniques
- Incorporating Tuina Stacking/Locking/Re-Patterning into your treatment
- Qi Gung Preparation
- Tao-Yin Positional Release Techniques Upper Extremity
- Tao-Yin Positional Release Techniques Lower Extremity
- Tao-Yin Positional Release Techniques Spinal/torso
- Clinical Practice
- Incorporating Trigger Points
- Remedial Applications of Tuina/Tao-Yin



This program is designed to enhance the skills of the Anmo Remedial Massage Therapist, enabling them to deal with structural dysfunction with a greater understanding.

This non-manipulative therapy is the next progressive step from Anmo & Cranial Balancing and will benefit both therapist and their clientele.

