



Chinese medicine massage health care is simple, self-massage matters needing attention



Massage is a therapeutic effect of doctor's hands on injured parts, uncomfortable parts, specific acupoints and painful places by pushing, holding, pressing, kneading, pinching, pointing, patting, etc., to achieve the therapeutic effect of unblocking meridians and collaterals, promoting qi and blood circulation, relieving pain, and harmonizing yin and yang.

Self-massage is a method of preventing diseases, eliminating diseases and relaxing the body through self-pressure on relevant acupoints, meridians, hong kong nuru massage skin and muscles. It has the effect of unblocking meridians and relieving fatigue. Self-massage mainly relaxes the muscles and their affiliated tissues, and relieves local pathological tension by regulating muscle tension and excitability.

Notes on self-massage:

First, find the right acupoints

Self-massage first needs to have a certain theoretical knowledge of the location and role of the relevant acupuncture points. Only accurate positioning of acupuncture points can improve the therapeutic effect. Now there are also a lot of acupuncture models and acupoint diagrams that can help us find the right acupoints.

Second, massage work time management is not the longer the better

Generally speaking, three to five minutes per acupoint massage is appropriate. Improper or long-term use of force may lead to nerve and blood vessel damage.

Third, massage strength to pay attention to

Massage strength should be from light to heavy, from shallow to deep, step by step, limb muscles slightly heavy, head and face, chest and abdomen, thin muscles and other parts of light pressure. Massage should not be too strong.

Fourth, maintain relaxation

Do massage should keep the body relaxed, in the unnatural body position for massage conditioning may damage the body, the loss is not worth the gain, resulting in unnecessary harm to the body.

Fifth, do not press when you are full to avoid colds.

Two hours after the meal massage can be more appropriate, after the massage we also need to need to pay attention to their own rest, to avoid the stimulation of cold.

Massage and physical exercise, like your persistence, long-term persistence to achieve the effect of fitness.

精選文章:

What are the benefits of massage? Taboos of massage to be aware of