

<<中国医疗保健推拿图谱>>

图书基本信息

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内容概要

ATLAS of THERAPEUTIC MOTION FOR TREATMENT AND HEALTH gives a detailed, step-by-step introduction to traditional Chinese massage and exercise therapy designed to treat a wide variety of muscle and bone ailments and generally improve the health. Illustrated with 499 color photos, the book is easy to follow for laymen and a good training manual for medical workers. It introduces ancient, completely natural methods of massage that have been developed and improved upon over the centuries and found effective for treating injuries, dislocated joints, arthritis, stiffness and spasms, and many other painful afflictions. Even healthy people will find the massage soothing and comfortable. The Atlas ends with a section detailing a series of gentle exercises that tone the muscles and lubricate the joints and are simple to learn by following descriptions and photos. The Atlas, written by a team headed by the prominent doctor of orthopaedics and traumatology Sun Shuchun, fills a need for natural, good health. Until recently, massage therapy was one of China's best-kept secrets. This Atlas is the most readable guide yet to this age-old branch of the health sciences.

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作者简介

Dr . Sun Shuchun , chief editor of the Atlas , is an associate professor of orthopaedics and traumatology and Vice Director of the Institute of Orthopaedics and Traumatology under the Academy of Traditional Chinese Medicine of China . and an associate profess

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