

## Selecting the Appropriate Local Self-massage Manipulations

Athletes such as tennis players and weight-lifters who do a lot of upper limb exercises can benefit by self-massaging their upper limbs.

### Tennis Elbow

Tennis elbow is also called epicondylitis. Its main symptom is pain in the lateral aspect of the elbow joint which is worse with movements such as rotation, stretching backward, lifting, pulling, holding horizontally, and pushing. This pain radiates downward along the extensor muscle of the wrist on the lateral side of the forearm. It is difficult for the patient to rotate their forearm and to hold things. There may be slight swelling locally and obvious tenderness to palpation on the outside of the elbow.

This disease can be caused by acute sprain of the elbow, but, in most cases, there is no obvious history of sprain. This condition is seen most frequently in adults who often rotate the forearm and stretch the wrist strenuously over and over again, such as tennis players, carpenters, and electricians. This is why it is so called "tennis elbow."

Massage methods:



1. Pressing & kneading the lateral side of the elbow and forearm: With the thumb, press and knead the lateral side of the elbow, forearm, and wrist of the affected arm. Repeat this procedure 5-10 times.



2. Pressing & kneading Qu Chi (LI 11) and Shou San Li (LI 10): With the thumb, press and knead Qu Chi (located in the depression at the lateral end of the transverse crease of the elbow when the elbow is flexed) and Shou San Li (located 2 body inches directly below the point Qu Chi) on the

affected arm 30-50 times each.

3. Pressing & kneading tender points: With the thumb, press and knead any tender points on the lateral side of the affected elbow for 2-3 minutes.

4. Elbow motion: Flex and stretch the elbow and rotate the forearm 10-20 times each.



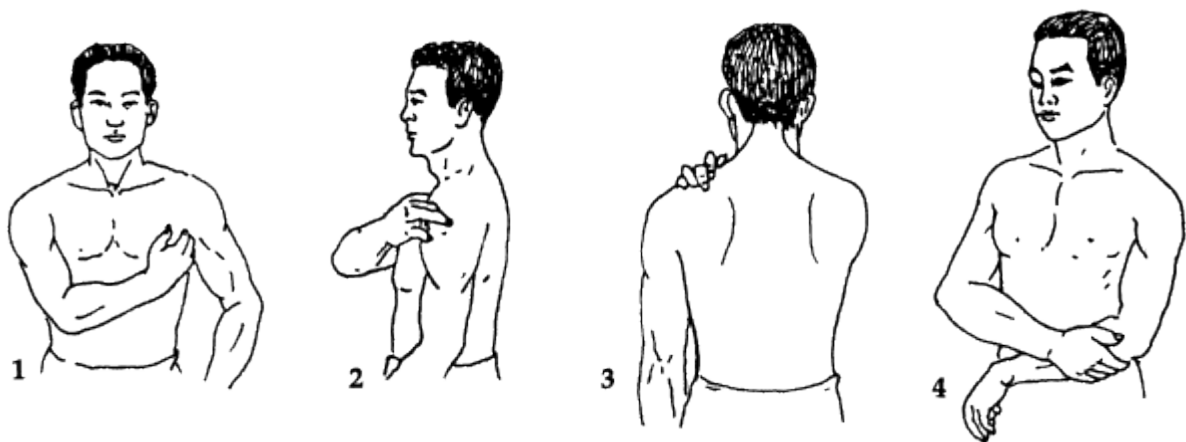
5. Rubbing the lateral side of the elbow and forearm: With the other palm, rub the lateral side of the elbow and forearm on the affected arm to produce a feeling of heat.

Because this condition is most often the result of repetitive microtrauma, it is absolutely important to rest the affected arm and give the tissues a chance to heal. Although Chinese self-massage can help speed the recovery time, if one immediately reuses the arm again in the same way that caused the problem in the first place, one will never achieve lasting results. This is the only thing difficult about curing tennis elbow.

#### 4. Self-massage of the Extremities

##### *A. Self-massage of the Upper Limbs*

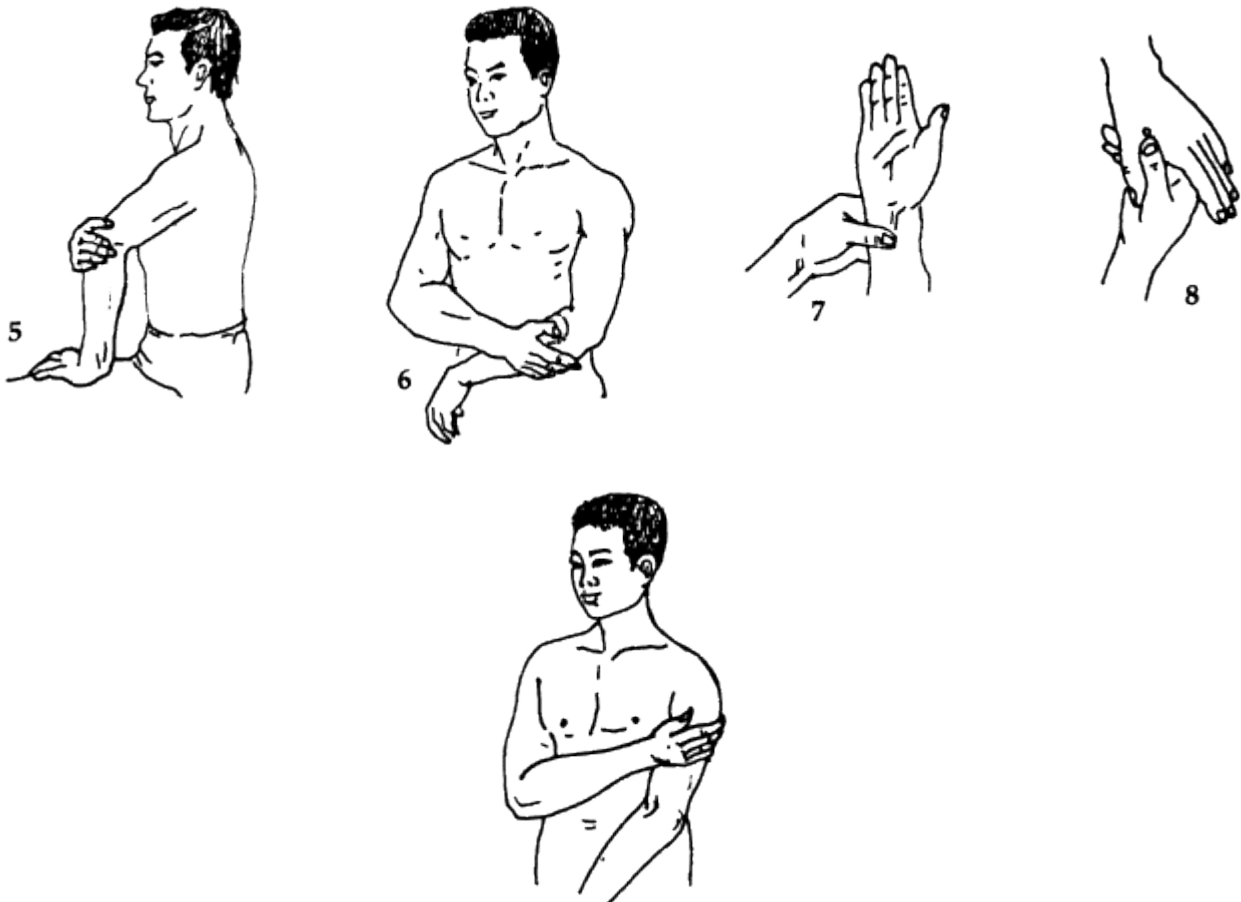
Massage methods:



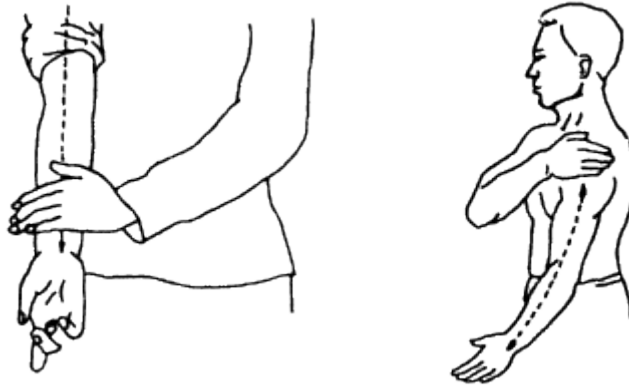
1. Pressing & kneading the points of the upper limbs: Press and knead with the tip of the thumb or middle finger on the following points in the following order: (1) *Jian Nei Shu* (MUE-48, located at the front of the shoulder), (2) *Jian Yu* (LI 15, located in the depression lateral to the highest point

of the shoulder), and (3) *Jian Jing* (GB 21, located at the midpoint on the top of the shoulder). Rotate the shoulder at same time. Then press and knead the points (4) *Qu Chi* (LI 11, located at the lateral end of the transverse crease when the elbow is flexed), (6) *Shou San Li* (LI 10, located 2 body inches below *Qu Chi*), *Chi Ze* (Lu 5, located in the elbow crease on the radial side of the tendon), *Qu Ze* (Per 3, located in the elbow crease on ulnar side of the tendon), *Shao Hai* (Ht 3, located at the lateral end of the elbow crease when the elbow is flexed), and (5) *Xiao Hai* (SI 8, located in the depression on the inner side of the tip of the elbow when the elbow is flexed). Press and knead the points *Wai Guan* (TB 5, located between the two bones 2 body inches above the wrist crease on the back of the forearm), (7) *Nei Guan* (Per 6, located between the tendons 2 body inches above the wrist crease on the front of the forearm),

*Yang Chi* (TB 4, located on the ulnar side of the tendon in the middle of the crease on the back of the wrist), *Yang Xi* (LI 5, located between the two tendons on the radial side of the crease on the back of the wrist), and (8) *He Gu* (LI 4, located in the fleshy mound in the center of the angle on the back of the hand between the thumb and index fingers). Press and knead each of these points 30- 50 times to produce a feeling of mild soreness and distention.



2. Grasping the upper limbs: Using the thumb and the other four fingers of one hand, hold the upper limb on the opposite side. Grasp along the lateral side from the shoulder to the wrist 3-5 times. Then grasp along the medial side from the armpit to the wrist 3-5 times. Grasping, releasing, and moving along the upper limb like this can soothe the muscles and make the upper limb comfortable and relaxed.



3. Rubbing the upper limbs: Rub with the palm of one hand along the medial side of the opposite upper limb from the armpit to the wrist and the lateral side of the limb from the wrist to the shoulder to and fro approximately 30 times on each side. Then rub the anterior, posterior, medial, and lateral aspects of the shoulder, the elbow, and the wrist until they feel warm.

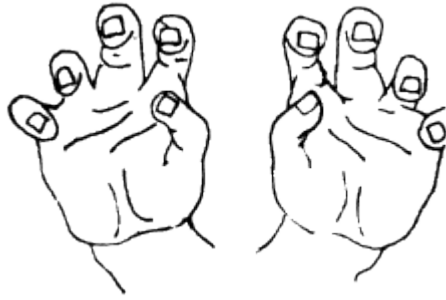


4. Twisting the fingers: Hold each finger of each hand with the thumb and index finger of the other hand, twisting from the base of each finger to its tip several times for each finger.



5. Rubbing the palms: Rub the palms against each other, beginning slowly and then speeding up until they get warm.

6. Rubbing the backs of the hands: Rub the back of one hand with the palm of the other hand starting slowly and then quickening the pace until it gets warm.



7. Grab emptiness with both hands: Stand erect with the feet shoulder-width apart. Raise the arms forward with the arms relaxed and the wrists flexed slightly backward as if one were grasping a large imaginary ball at the level of the chest. Then slightly flex and extend the fingers as if grasping onto something.

Functions & indications: These manipulations can be used for aches and pains in the upper limbs, periartthritis of the shoulder, tennis elbow, pain in wrists, numbness in fingers, etc. They relax the muscles of the upper limbs, relieve fatigue, improve the motor function of the upper limbs, and prevent motor and occupational injury.