

Tuina Massage Guide For Treating Cough

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Massage for Any Cough



There are five basic tuina (pronounced too-ee-naw) massage techniques you can use to treat your child's cough, no matter what kind they have: wet, dry, hacking, barking, whooping or tickly.

Pediatric tuina massage is 100% safe to use in newborns, infants, toddlers and children up to age 12, although it is most effective in children 5 and under.

For more tips on treating cough, check out the post [7 Ways to Treat a Cough Your Pediatrician Won't Tell You About.](#)

Before You Get Started:

- Make sure the room where you will do the massage is warm.
- Your nails are trimmed.
- You have talcum powder or massage oil to prevent chafing.

How to Perform Tuina Massage

Most of these techniques recommend rubbing 100 – 500 times, which seems like a lot. However, these massage techniques are rapidly repeated so it only takes 30 seconds to two minutes to do the massage fully. *Sometimes it's easier to use a timer to keep track of how long you've been massaging than how many times you've rubbed spot.*

Do all five the massage techniques in one setting. When doing massage on the fingers or limbs it is only necessary to do it on one side, although it won't hurt to massage both.

Massage Tips

1. Rapid and rhythmic movements are the key to an effective message.
2. Make sure to use firm but gentle pressure.
3. The back massage will be more comfortable if you use talc or non-talc baby powder to prevent chafing.
4. Hand massage can be difficult in babies, so try to massage the hand and finger while they're sleeping.

1



Line Pressing on the Ring Finger

This technique stimulates the immune system and supports healthy lung function. This massage can be performed on either ring finger. You only need to massage one finger, although you can massage both ring fingers if you like.

Start at the crease of the second knuckle and rub in a line towards the tip of the finger and then lift and repeat.

For infant to 2 years rub 100 – 200 times (30 – 45 seconds)

For ages 2 – 5 years rub 200 – 300 times (45 – 60 seconds)

For ages 6 – 12 rub 400-500 times (1.5 to 2 minutes)

2



Clockwise Circle Pressing on the Palm of the Hand

This is another general massage technique for strengthening the immune system and harmonizing the organ networks in Traditional Chinese Medicine. Looking at the palm you'll see how the inner portion forms a depression. Using your thumb, rub the palm of the hand in a clockwise circular direction on the outer border of the depression. Talcum powder is very helpful at preventing chafing and allowing you to repeat this massage rapidly.

For ages infant to 2 years rub 100 times (30 seconds)

For ages 2 – 5 years rub 200 times (60 seconds)

For ages 6 – 12 rub 300 times (1.5 minutes)

3



Pushing Apart at the Breast Bone

This massage specifically treats cough, wheezing and chest tightness. Start with both thumbs on the breastbone at the level of the nipple. Then push apart towards the nipples, stop before you get to the nipples, lift and repeat.

For ages infant to 2 years rub 100 – 200 times

For ages 2 – 5 years rub 200 – 300 times

For ages 6 – 12 rub 400-500 times

You can also knead the starting point at the center of the chest 100 – 300 times to support the lungs and stop cough.

4



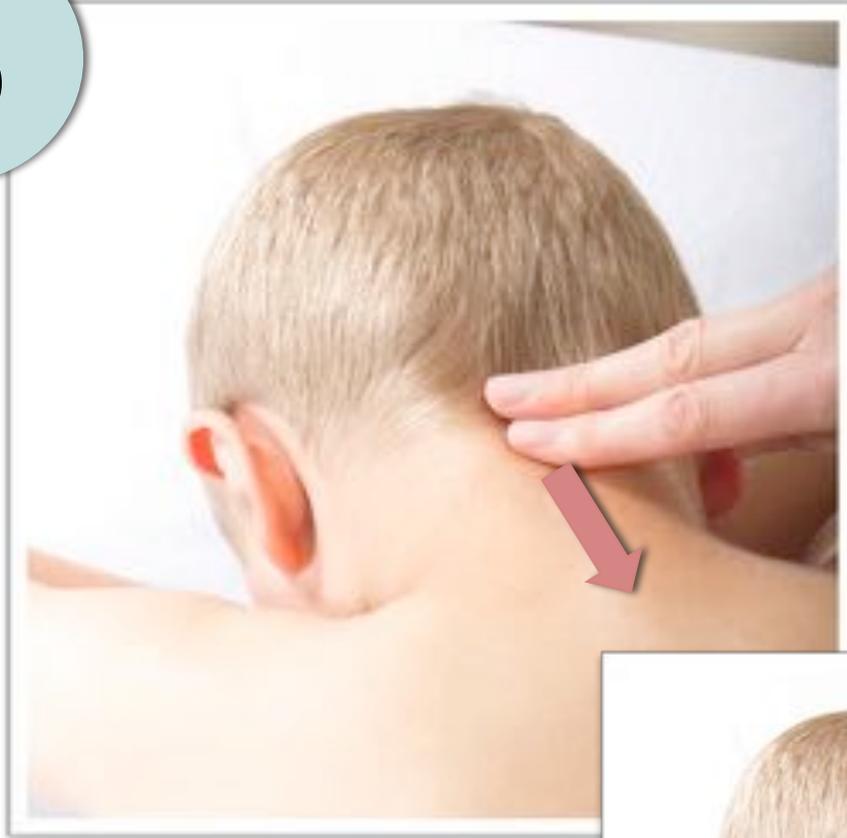
Pinching Pulling Along the Entire Spine

This massage can be done for general wellness when done along the entire spine. *When focused on the area from base of the shoulder blade to the base of the neck it will help stimulate all the acupuncture points associated with the lungs and chest.*

Focus on is the muscle tissue on both sides of the spine. Gently but firmly “pinch” the muscle tissue between your thumb and forefinger and as you push your thumbs forward up the spine, continue to pull down and “pinch” the muscle tissue. This should produce a pleasant feeling of pressure as you move up the back to the top of the shoulders.

Do this massage for 30 seconds to 2 minutes or until the skin “pinks up.”

5



Line Pressing at the Base of the Skull to the Neck

This last massage technique is also helpful in stopping cough. Put your index and middle finger on the base of your child's skull/hairline and rub in a line in a downward direction along the spine, then lift and repeat.

For infant to 2 years rub 100 – 200 times (30 – 45 sec)

For ages 2 – 5 years rub 200 – 300 times (45 – 60 sec)

For ages 6 – 12 rub 400-500 times (1.5 to 2 minutes)

**Has this massage routine helped your child?
Come back to the blog and let us know how **you** did!**

Massage for Cough Quick Reference

1



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About the Author



Robin Green is a licensed acupuncturist and herbalist and a leading expert in the field of pediatric acupuncture. She holds a Master's in Traditional Chinese Medicine from the prestigious Five Branches University in Santa Cruz, CA and has over ten years clinical experience helping children with asthma, allergies and eczema heal using Chinese medicine.

Her popular kids health blog, kidsloveacupuncture.com, has over 1 million visitors annually. Robin founded the Center for Advanced Acupuncture Pediatrics, which provides premier pediatric acupuncture training worldwide.

An up-and-coming HayHouse author, she is currently working on her first book on Chinese medicine for kids, tentatively titled, *Heal Your Child from the Inside Out*. Her book is scheduled for release in September 2016.