## Teaching Plan of Shanghai University of Traditional Chinese Medicine

### Course Name: Tuina Therapeutics

**Lecturer:** Dr. Li Weijiang

**Lecture Time:** Semester 1 in 2011-2012  First week

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<td>Know the classification of some specific acupoints and some commonly used acupoints</td>
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### Brief Summary: The key point of the lecture is the therapeutic function, principle and the way of choosing acupoints in Tuina manipulation

### Class Review and Questions:

1. How many therapeutic functions are there in the Tuina therapy?
2. How many prescription ways are there in one Tuina manipulation?

### Preview:

- Cervical spondylosis, stiff neck
## Course Name: Tuina Therapeutics

Lecturer: Dr. Li Weijiang

### Lecture time: Semester 1 in 2011-2012  Second week

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<td>Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of cervical spondylosis, periarthritis of shoulder, stiff neck.</td>
<td>Time requirement: 5 class hours</td>
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<td>2. Key and difficult point</td>
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<tr>
<td>The concept, Tuina's therapeutic methods of cervical spondylosis, periarthritis of shoulder.</td>
<td></td>
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<tr>
<td>3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)</td>
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</table>

【Main Content】

1. The cervical spondylosis,  
   Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy  
2. The stiff neck  
   Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy  
3. The periarthritis of shoulder  
   Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy  

【Teaching Methods】  
Lecture

### Brief summary:  
The key point of the lecture is to command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of cervical spondylosis and periarthritis of shoulder.

### Class review and questions:  
1. How many clinical classifications are there in cervical spondylosis? How to treat them separately?  
2. Which acupoints can be used to treat stiff neck? How to do the tuina treatments?  
3. How to diagnose the periarthritis of shoulder?
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<td>2. The supraspinatus tendinitis,</td>
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<td>3. The subacromial bursitis,</td>
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<td>4. The protrusion of lumbar intervertebral disc,</td>
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<td>5. The third lumbar transverse process syndrome,</td>
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<td>6. Piriformis Syndrome</td>
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**Teaching plan of Shanghai University of Traditional Chinese Medicine**

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang

**Lecture time:** Semester 1 in 2011-2012  
**Third week**

| Contents | Teaching tools, Time requirement, Teaching materials & reference books |
1. Basic objectives and requirements
Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of protrusion of lumbar intervertebral disc.
Know the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of the Piriformis Syndrome and the third lumbar transverse process syndrome.
Self-study the Biceps long head tendon inflammation, the supraspinatus tendinitis, subacromial bursitis.

2. Key and difficult point
The concept, Tuina's therapeutic methods of protrusion of lumbar intervertebral disc.

3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)

【Main Content】
1. The protrusion of lumbar intervertebral disc
   Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
4. Piriformis Syndrome
   Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
5. The third lumbar transverse process syndrome
   Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
4. Self-study the Biceps long head tendon inflammation, the supraspinatus tendinitis, subacromial bursitis

【Teaching Methods】
Lecture

Brief summary: The key point of the lecture is the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of protrusion of lumbar intervertebral disc

Class review and questions:
1. What's the diagnostic criteria of the protrusion of lumbar intervertebral disc? How to do Tuina Therapy?
2. How to treat the piriformis Syndrome in Tuina therapy?
3. What's the clinical manifestation of the third lumbar transverse process syndrome?
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<th>lumbar transverse process syndrome?</th>
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<td>Preview:</td>
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<td>Acute lumbar muscle sprain, Chronic lumbar muscle sprain</td>
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## Teaching plan of Shanghai University of Traditional Chinese Medicine

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang  
**Lecture time:** Semester 1 in 2011-2012  
**Forth week**

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| 1、Basic objectives and requirements  
Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina’s therapeutic methods of chronic lumbar muscle sprain  
Know the concept, etiology and pathogenesis and Tuina’s therapeutic methods of acute lumbar muscle sprain | Teaching materials: Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin  
Time requirement: 5 class hours |
| 2、Key and difficult point  
The concept and Tuina's therapeutic methods of chronic lumbar muscle sprain  
The manipulation exercises of cervical spondylosis, shoulder periarthritis and protrusion of lumbar intervertebral disc. | |
| 3、Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class) | |

【Main Content】  
1. Chronic lumbar muscle sprain  
Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy  
2. Acute lumbar muscle sprain  
Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy

**Brief summary:** The key point of the lecture is the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of chronic lumbar muscle sprain.

**class review and questions:**  
1. How to diagnose and treat a chronic lumbar muscle sprain patient?  
2. What's the therapeutic methods of tuina for acute lumbar muscle sprain?

**Preview:**  
1. lumbar spondylolisthesis,
2. Ankylosing Spondylitis,
3. External humeral epicondylitis,
4. Stenosing Tendinitis in Radial styloid,
5. Stenosing Tendinitis in flexor digital tendon,
6. carpal tunnel syndrome,
7. Hyperplastic gonarthritis,
8. sprained ankle
# Teaching plan of Shanghai University of Traditional Chinese Medicine

## Course Name: Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang

**Lecture time:** Semester 1 in 2011-2012  
**Fifth week**

## Contents

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<td>Teaching materials: Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin</td>
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<td>Time requirement: 5 class hours</td>
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### 1. Basic objectives and requirements
- Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of external humeral epicondylitis and hyperplastic gonarthrosis.
- Know the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of stenosing tendinitis in radial styloid, carpal tunnel syndrome, lumbar spondylolisthesis, sprained ankle.

- **Self-study the ankylosing spondylitis, Stenosing tendinitis in flexor digital tendon,**

### 2. Key and difficult point
- the concept and tuina's therapeutic methods of external humeral epicondylitis and hyperplastic gonarthrosis.

### 3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)

#### Main Content

1. **External humeral epicondylitis**
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
2. **Stenosing tendinitis in radial styloid**
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
3. **Carpal tunnel syndrome**
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
4. **Hyperplastic gonarthrosis**
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
5. **Sprained ankle**
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy
6. **Lumbar spondylolisthesis**
Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy

**Brief summary:** The key point of the lecture is to command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of external humeral epicondylitis and hyperplastic gonarthritis.

**Class review and questions:**

1. What's the clinical manifestation of external humeral epicondylitis? How to do Tuina Therapy?
2. How to diagnose the hyperplastic gonarthritis? How to do Tuina Therapy?
3. What's the clinical examination of the tendinitis in flexor digital tendon?
4. What's the tuina methods of stenosing tendinitis in radial styloid?
5. What's the etiology and pathogenesis of carpal tunnel syndrome?
6. What's the clinical manifestation of lumbar spondylolisthesis? How to do Tuina Therapy?

**Preview:**
ophthalmology and otorhinolaryngology diseases
### Teaching plan of Shanghai University of Traditional Chinese Medicine

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang  
**Lecture time:** Semester 1 in 2011-2012  
** Sixth week**

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| 1. Basic objectives and requirements  
Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of blepharoptosis, nearsightedness, strabismus, nasosinusitis, pharyngitis, toothache..  
Know the concept and Tuina's therapeutic methods of glaucoma.  
Know about the cold tears syndrome.  
Self-study the strabismus, nasosinusitis, pharyngitis, toothache. | Teaching materials: Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin  
Time requirement: 5 class hours |
| 2. Key and difficult point  
The diagnosis, Tuina's therapeutic methods of blepharoptosis, nearsightedness and strabismus.  
3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class) | |
| **Main Content**  
1. The blepharoptosis, nearsightedness and strabismus  
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy  
2. The cold tears syndrome and glaucoma  
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy  
6. The nasosinusitis, pharyngitis and toothache  
   - Concept, Diagnosis methods, Tuina therapeutic methods, Notes for tuina therapy | |
| Brief summary: The key point of the lecture is know the diagnosis and Tuina's therapeutic methods of blepharoptosis, nearsightedness, strabismus.  
Class review and questions:  
1. What's the syndrome differentiation and Tuina methods of blepharoptosis?  
2. How to treat the nearsightedness by Tuina therapy? |   

### Teaching plan of Shanghai University of Traditional Chinese Medicine

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang

**Lecture time:** Semester 1 in 2011-2012   
**Seventh week**

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| 1. Basic objectives and requirements  
Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of dysmenorrhea and irregular menstruation.  
Know general instructions of Tuina's therapeutic methods of internal diseases and gynaecology disease.  
2. Key and difficult point  
the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of dysmenorrhea and irregular menstruation.  
3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)  
【Main Content】  
1. The dysmenorrhea  
Concept, Diagnosis methods, syndrome differentiation, Tuina therapeutic methods  
2. The irregular menstruation  
Concept, Diagnosis methods, syndrome differentiation, Tuina therapeutic methods  
**Brief summary:** The key point of the lecture is the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of dysmenorrhea and irregular menstruation.  
**Class review and questions:**  
1. What’s the syndrome differentiation of the irregular menstruation? How to do Tuina Therapy according to different syndrome?  
2. How to do tuina treatment to a dysmenorrhea patient?  
**Preview:**  
1. climacteric syndrome  
2. Amenorrhea  
3. premenstrual syndrome  
4. infertility | Teaching materials: Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin  
Time requirement: 5 class hours |

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**Time requirement:** 5 class hours
### Teaching plan of Shanghai University of Traditional Chinese Medicine

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang  
**Lecture time:** Semester 1 in 2011-2012  
**Eighth week**

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<td>5. Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of climacteric syndrome.</td>
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Know the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of amenorrh and premenstrual syndrome.

Self-study the infertility.

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<tr>
<td>2. <strong>Amenorrh</strong></td>
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<td>Concept, Diagnosis methods, Syndrome differentiation, Tuina therapeutic methods.</td>
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<td>3. <strong>premenstrual syndrome with gastroptosis</strong></td>
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<td>Concept, Diagnosis methods, Tuina therapeutic methods.</td>
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**Brief summary:** The key point of the lecture is the climacteric syndrome and amenorrh.

**Class review and questions:**

1. What's the therapeutic methods of tuina in treating climacteric syndrome?
2. What's the types of amenorrh? What's the tuina treatment for each type?
3. What's the clinical manifestation of the premenstrual syndrome with gastroptosis?

#### Teaching tools, Time requirement, Teaching materials & reference books

- **Teaching materials:** Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin
- **Time requirement:** 4 class hours
# Teaching plan of Shanghai University of Traditional Chinese Medicine

## Course Name: Tuina Therapeutics  
Lecturer: Dr. Li Weijiang

**Lecture time:** Semester 1 in 2011-2012  
**Ninth week**

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| 1. Basic objectives and requirements  
Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of pediatric fever, dyspepsia, diarrhoea.  
Know the syndrome differentiation and Tuina's therapeutic methods of pediatric asthma.  
Know about the syndrome differentiation and Tuina's therapeutic methods of pediatric abdominal pain.  
2. Key and difficult point  
The diagnosis, Tuina's therapeutic methods of pediatric fever, dyspepsia, diarrhoea and asthma.  
3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class )  
**Main Content**  
1. Pediatric fever  
   Concept, Diagnosis methods, Syndrome differentiation, Tuina therapeutic methods  
2. Pediatric dyspepsia and diarrhoea  
   Concept, Diagnosis methods, Syndrome differentiation, Tuina therapeutic methods  
3. Pediatric asthma  
   Concept, Diagnosis methods, Syndrome differentiation, Tuina therapeutic methods  
**Brief summary:** The key point of the lecture is the diagnosis, Tuina's therapeutic methods of pediatric fever, dyspepsia, diarrhoea and asthma.  
**Class review and questions:**  
1. How to do Tuina Therapy to a paediatric fever patient?  
2. What's the clinical manifestation of Pediatric dyspepsia and diarrhoea? How to do tuina treatment?  
**Preview:**  
Paediatric enuresis, constipation, Infantile muscular
Teaching plan of Shanghai University of Traditional Chinese Medicine

Course Name: Tuina Therapeutics  
Lecturer: Dr. Li Weijiang

Lecture time: Semester 1 in 2011-2012  
Tenth week

| Contents                        | Teaching tools, Time requirement, Teaching materials & reference books |
1. Basic objectives and requirements
   Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of paediatric enuresis, constipation and Infantile muscular torticollis.
   Know syndrome differentiation and Tuina's therapeutic methods of paediatric cerebral palsy.

2. Key and difficult point
   The diagnosis, Tuina's therapeutic methods of paediatric enuresis, constipation and Infantile muscular torticollis.

3. Class arrangements (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)

   【Main Content】
   1. Paediatric enuresis
      Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods
   2. Paediatric constipation
      Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods
   3. Infantile muscular torticollis
      Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods

   Brief summary: The key point of the lecture is the diagnosis, Tuina's therapeutic methods of paediatric enuresis, constipation and Infantile muscular torticollis.

   Class review and questions:
   1. How to do Tuina Therapy to a paediatric enuresis patient?
   2. How to treat the paediatric constipation in Tuina therapy?

   Preview:
cervical spondylosis, stiff neck

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Teaching materials: Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin
Time requirement: 5 class hours

Teaching plan of Shanghai University of Traditional Chinese Medicine

Course Name: Tuina Therapeutics  Lecturer: Dr. Li Weijiang

Lecture time: Semester 1 in 2011-2012  Eleventh week
Teaching plan of Shanghai University of Traditional Chinese Medicine

Course Name: Tuina Therapeutics
Lecturer: Dr. Li Weijiang

Lecture time: Semester 1 in 2011-2012  Twelveth week
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<td>Command the concept, etiology and pathogenesis, syndrome differentiation</td>
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<td>and Tuina's therapeutic methods of stroke.</td>
<td>Teaching materials: Zhenjiu Tuina Therapeutics, chief editor Prof.</td>
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<tr>
<td>Know the syndrome differentiation and Tuina's therapeutic methods of</td>
<td>Zhou Wenxin</td>
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<td>vertigo.</td>
<td>Time requirement: 2 class hours/ 3 class hours manipulation exercise</td>
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<td>Know about the syndrome differentiation and Tuina's therapeutic</td>
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<td>methods of hypertension.</td>
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<td>Self-study the vertigo and hypertension.</td>
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<td>2. Key and difficult point</td>
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<td>The diagnosis, Tuina's therapeutic methods of stroke.</td>
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<td>3. Class arrangements (Including teaching program, main content,</td>
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<td>brief summary, class review and questions, preview of next lesson and</td>
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<td>the introduction of following class)</td>
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<td>1. The protrusion of lumbar intervertebral disc</td>
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<td>Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina</td>
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<td>therapeutic methods</td>
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<td>Brief summary: The key point of the lecture is the diagnosis, Tuina's</td>
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<td>therapeutic methods of stroke.</td>
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<td>Class review and questions:</td>
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<tr>
<td>1. How to distinguish the stroke in involving the channels and</td>
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<td>collaterals or viscera?</td>
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<td>2. How to treat stroke in Tuina therapy?</td>
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<td>Preview:</td>
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<td>Headache, vomit, hiccup, constipation, diarrhoea</td>
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**Teaching plan of Shanghai University of Traditional Chinese Medicine**

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang

**Lecture time:** Semester 1 in 2011-2012  
**Thirteen week**
1. **Basic objectives and requirements**
   Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of stomachache and constipation.
   Know the syndrome differentiation and Tuina's therapeutic methods of vomiting, hiccup, diarrhoea.
   Self-study the diarrhoea.

2. **Key and difficult point**
The concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of stomachache and constipation.

3. **Class arrangements** (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)

   **Main Content**
   1. The stomachache
      Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods
   2. Constipation
      Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods
   3. Vomiting and hiccup
      Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods

   **Brief summary:** The key point of the lecture is the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of stomachache and constipation.

   **Class review and questions:**
   1. How to treat the stomachache and constipation in Tuina therapy?
   2. What's the clinical manifestation of the stomachache?

   **Preview:**
   Diarrhea, influenza, asthma

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**Teaching plan of Shanghai University of Traditional Chinese Medicine**

**Course Name:** Tuina Therapeutics  
**Lecturer:** Dr. Li Weijiang

**Lecture time:** Semester 1 in 2011-2012  
Forteenth week
## Contents

1. **Basic objectives and requirements**
   - Command the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of influenza and asthma.
   - Know the syndrome differentiation and Tuina's therapeutic methods of diarrhoea.
   - Self-study the influenza and Bi Zheng.

2. **Key and difficult point**
   - The concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of influenza and asthma.

3. **Class arrangements** (Including teaching program, main content, brief summary, class review and questions, preview of next lesson and the introduction of following class)
   - **Main Content**
     1. The influenza and asthma
        - Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods
     2. Tuina therapeutic methods of headache and stomachache
     3. facial neuritis
        - Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods
     4. Insomnia
        - Concept, Etiology and Pathogenesis, Syndrome differentiation, Tuina therapeutic methods

**Brief summary:** The key point of the lecture is the concept, etiology and pathogenesis, syndrome differentiation and Tuina's therapeutic methods of influenza and asthma.

**Class review and questions:**
1. How to do syndrome differentiation and tuina treatment in treating asthma?
2. What's the clinical manifestation of Bi Zheng?
3. How to do tuina treatment in facial neuritis?

## Teaching tools, Time requirement, Teaching materials & reference books

- **Teaching tools:** PPT/ Projector
- **Teaching materials:** Zhenjiu Tuina Therapeutics, chief editor Prof. Zhou Wenxin
- **Time requirement:** 2 class hours/ 3 class hours manipulation exercise