



Rheumatic Pain Treatment

Our NEW! Therapeutic regimen is formulated integrating three of Traditional Chinese Medicine's external treatments, i.e. Chinese Herb Soaking Therapy (CHST), Medicinal Cupping Therapy (MCT) and Acupoint Applying Therapy (AAT). Using 'Medicinal Skin Feeding™' (Transdermal drug delivery), it warms and activates the meridian, promotes the flow of Qi & blood, relieves muscle spasm, reduces swell and pain. Treating Rheumatic pain, regulates blood circulation, improves immunity, reduces fatigue and relieves mental stress.



Indications

- Acute or chronic pain (New or old injuries involving hand, wrist, elbow, foot, ankle or knee)
- Arthritis (Osteoarthritis, Rheumatic Arthritis, Gout)
- Shoulder or neck muscle tension
- Hypertension, Insomnia, fatigue, mental stress

Advantages

1. Direct apply problematic area, deals with various type of symptoms or long terms problem.
2. Safe and reliable treatment. With long history of clinical experience, proven effectiveness, no side effects as the medicine is absorbs thru skin, not passing thru stomach and liver.
3. Painless and non-invasive on body. Suitable for all age group.

Principles

1. Chinese Herb Soaking Therapy



Chinese Herb Soaking Therapy stimulates acupoints and meridians, uses heat to expand localized blood vessels, increases permeability of blood vessels, and enhances absorption of the herbal medicine into the skin and blood vessels.

2. Medicinal Cupping Therapy



Medicinal Cupping Therapy acts on 3 principles.

- 1) Creates tension for the nerves, muscles and veins under the skin and regulates their function and improves blood circulation.
- 2) Damages some of the capillaries, releasing red blood cells hence boosting immunity.
- 3) Increases permeability of the blood vessels which improves the absorption of the herbal medicine.

3. Acupoint Applying Therapy



Acupoint Applying Therapy stimulates the acupoint improves Qi flow and regulates organ functions. At the same time, the herbal medicine is absorbed by the skin into the blood, through the blood to the entire body. The above-mentioned treatment methods not only has its medicinal value, it also stimulates the acupoint, regulates Qi and blood flow, balances organ functions, and improves body condition so as to cure illnesses.

Directions:

Chinese Herb Soaking Therapy (CHST)	<ol style="list-style-type: none"> 1. Add hot water to selected Chinese Herbal Prescription, keep temperature constant at 40°C 2. Soak for 20-30 minutes 3. Clean thoroughly 4. Repeat treatment 2-3 times a week
Medicinal Cupping Therapy (MCT)	<ol style="list-style-type: none"> 1. Choose a most suited body posture exposing area for treatment 2. Spray medication onto area 3. Apply cupping for 5-10 minutes 4. Remove bamboo cups, clean thoroughly 5. Repeat treatment 2-3 times a week
Acupoint Applying Therapy (AAT)	<ol style="list-style-type: none"> 1. Disinfect area with 75% alcohol 2. Apply medicinal paste to acupoint or area of treatment 3. Remove paste after 12 hours. Clean thoroughly 4. Repeat treatment 2-3 times a week

Precautions:

1. Above-mentioned treatment methods are not advised for patients with open wounds or severe infection.
2. Treatments on waist and tummy areas are strictly prohibited for pregnant women.
3. Heart disease patients should keep their Chinese Herb Soaking Therapy treatment time to within 15 minutes.
4. If an allergy occurs, cease treatment immediately

RHEUMATIC PAIN TREATMENT

“肌肤喂药™” 调理风湿骨痛

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“肌肤喂药™”

(泡洗、拔罐、贴敷直接针对病痛部位),
调理全身各种疼痛。

作用直接, 无痛无针, 疗效确切。

30周年纪念回馈社会

\$60/次 或 \$450/10次

*附带条件



Exclusive for Pioneer Generation!
Free treatment for first ten PG citizen daily.
Every PG citizen is entitled to one free treatment only.
*T & Cs apply

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福建中醫院
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“肌肤喂药™” 调理风湿骨痛

综合采用中药泡洗疗法、药罐疗法、穴位贴敷疗法等3种传统外治法, 通过“肌肤喂药™”(外用药物, 透皮吸收), 以温经通络、行气活血、消肿止痛、柔筋缓急, 对调理风湿骨痛、改善血液循环、提高免疫力、消除疲劳、缓解压力、排毒、养生等均有良好的效果。中药泡洗疗法、药罐疗法、穴位贴敷疗法历史悠久, 使用方便, 深受普罗大众欢迎。例如, 古代宫廷常用麝香、沉香等煎水泡洗, 以提神醒脑、消除疲劳; 民间常用菖蒲、艾叶等煮水泡洗, 以防病强身。



适用范围

- 新旧跌打损伤疼痛(手、腕、肘、足、踝、膝)
- 各种关节炎(如退行性关节炎、风湿性关节炎、痛风性关节炎)
- 肩颈部肌肉紧张、腿抽筋
- 高血压、失眠、疲劳、精神压力大
- 强身保健

特点与优势

- 1 作用直接, 适应症广
泡洗、拔罐、贴敷直接针对病痛部位, 且药物透皮吸收, 其适应症遍及临床各科, 尤其是风湿骨痛, 对许多沉痾痼疾常能取得意想不到的效果。
- 2 安全可靠, 疗效确切
泡洗、拔罐、贴敷属传统中医的“内病外治”法, 药物经皮肤吸收, 不需要口服, 既能保证药物效力, 也避免了药物对胃肠道刺激和肝脏、肾脏负担。同时, 所用药方来自于长期临床经验, 疗效确切。
- 3 无痛无创, 易于接受
泡洗、拔罐、贴敷无创伤、无痛苦, 对于怕针者、不肯服药者、老幼虚弱者尤为适宜。

治疗原理

1. 中药泡洗疗法



中药泡洗疗法既能直接刺激局部重要的穴位、经络, 又能借助热力使局部血管扩张, 血管通透性增加, 使中药有效成分透过皮肤, 进入血液循环。

2. 药罐疗法



药罐疗法治疗原理有三: 其一拔罐的负压能牵拉皮下神经、肌肉、血管, 调节它们的功能, 改善局部血液循环; 其二拔罐的负压使局部一些小毛细血管破裂, 红细胞中血红蛋白被释放出来, 刺激并增强身体免疫力; 其三拔罐的负压增加局部血管的通透性, 使药液快速透皮吸收, 直达病灶。

3. 穴位贴敷疗法



穴位贴敷疗法能刺激穴位, 激发经气, 通过经络传导, 以调整脏腑功能; 同时, 药物经皮肤吸收进入血液, 通过血液循环作用于全身。以上疗法互相配合, 既有药物本身的治疗作用, 又有对穴位的刺激作用, 通过调和周身气血, 平衡脏腑功能, 达到改善体质、治疗疾病的目的。

治疗步骤

中药泡洗疗法	<ol style="list-style-type: none">1. 将特定中药配方煎制成的中药原液与热水混合, 温度保持在摄氏40度左右;2. 将病痛部位浸入, 持续20-30分钟;3. 治疗结束, 将皮肤擦拭干净。每周2-3次。
药罐疗法	<ol style="list-style-type: none">1. 取合理体位, 充分暴露拔罐部位;2. 将特定中药配方浸制成的浓缩液喷洒在穴位或伤痛处;3. 负压拔罐5-10分钟;4. 起罐, 将皮肤擦拭干净。每周2-3次。
穴位贴敷疗法	<ol style="list-style-type: none">1. 用酒精棉球将局部擦拭干净;2. 将中药配方制成的药膏贴在穴位或伤痛处, 外用纱布包扎固定;3. 12小时后取下。每周2-3次。

注意事项:

1. 局部有皮肤破溃、严重感染者, 不宜泡洗、拔罐、贴敷。
2. 孕妇腰骶部及腹部禁止拔罐、贴敷。
3. 心脏病者初始泡洗时间控制在15分钟以内, 若无不适, 再逐渐增加泡洗时间。
4. 特异体质者在泡洗、拔罐、贴敷过程中若出现过敏反应, 应立即停止治疗。