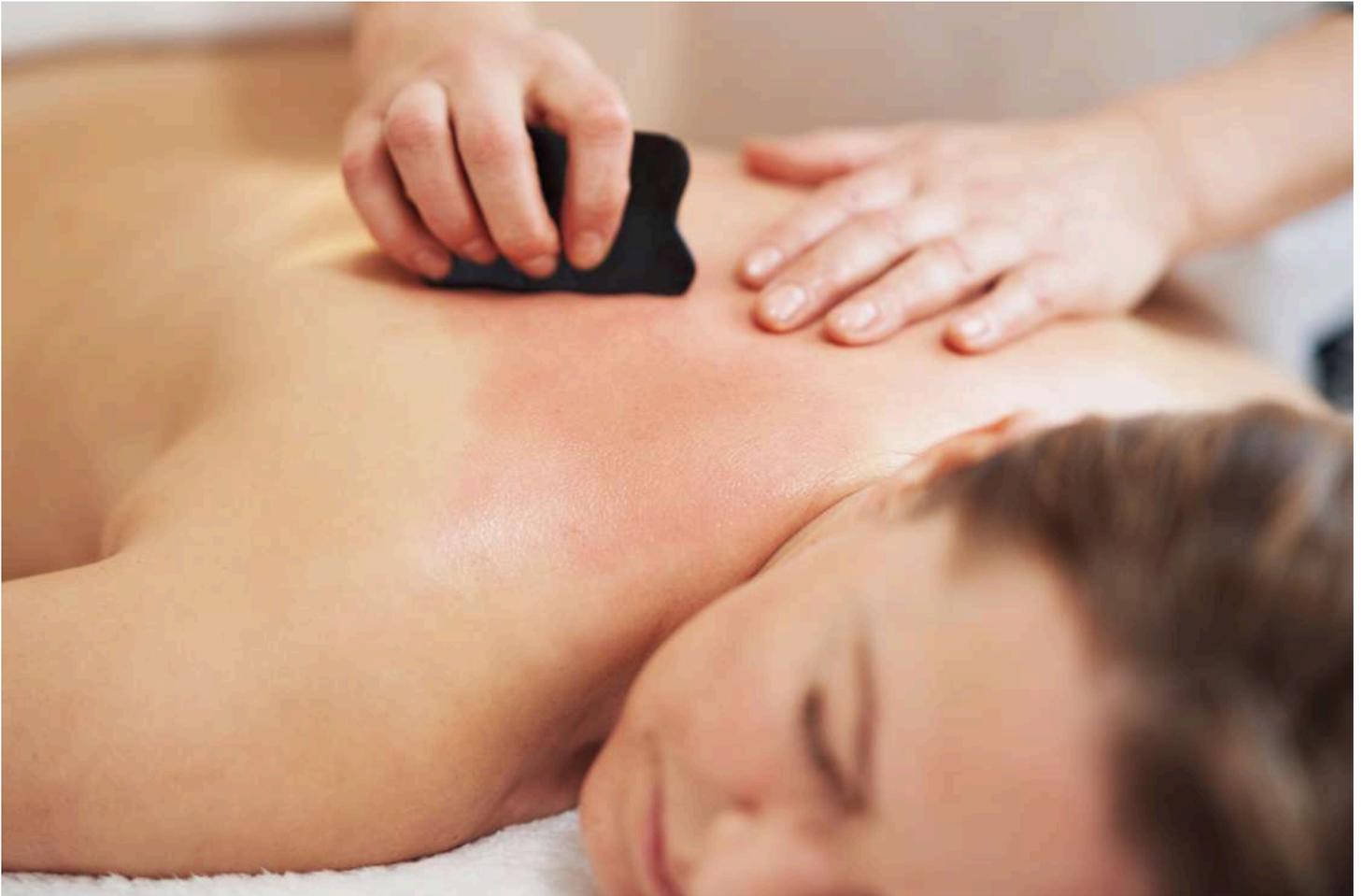


# Workbook for Gua Sha Therapy



**Welcome to the Gua Sha workbook, a comprehensive guide designed to complement your online video course. This workbook provides detailed information, techniques, and resources to enhance your understanding of Gua Sha. Whether you're new to this traditional healing practice or looking to refine your skills, this guide will help you make the most of what you learn in the course.**

Gua Sha is a remarkable therapy with applications ranging from pain relief and systemic health improvement to facial rejuvenation. As you progress through this workbook, you will gain the confidence to integrate Gua Sha into your personal or professional practice effectively.

## What is Gua Sha?

Gua Sha, which translates to “scraping sand,” is a healing technique from traditional East Asian medicine. It involves using a smooth-edged tool to apply pressure and scrape the skin, promoting better circulation, releasing tension, and enhancing the body's natural healing processes.

Also known as Instrument Assisted Soft Tissue Mobilization (IASTM) or the Graston technique in

modern contexts, Gua Sha is both simple and powerful. It is accessible to everyone, requiring only a tool and a basic understanding of the body's structure and energy flow.

## The History of Gua Sha

Gua Sha has been practiced for centuries in China and other parts of East Asia. Historically, it was used by healers to treat a wide range of conditions, from muscle pain and fevers to respiratory and digestive disorders. The technique was rooted in the philosophy of traditional Chinese medicine, which emphasizes the balance of Qi (life force energy) and blood flow in maintaining health.

Modern adaptations of Gua Sha, like the Graston technique, have brought this ancient practice into clinical settings worldwide. Research has validated its effectiveness in reducing inflammation, relieving pain, and improving mobility, bridging traditional wisdom with contemporary science.

## Benefits of Gua Sha

### 1. Pain Relief:

- Loosens tight muscles, alleviates stiffness, and reduces chronic or acute pain.

### 2. Systemic Health Improvement:

- Improves circulation and lymphatic drainage.
- Supports conditions like constipation, insomnia, headaches, and respiratory issues.

### 3. Facial Rejuvenation:

- Reduces puffiness, promotes collagen production, and enhances skin elasticity.
- Provides a natural, non-surgical facelift effect.

### 4. Scar Tissue and Adhesion Treatment:

- Breaks down scar tissue and fascial restrictions, improving mobility and function.

### 5. Therapist Benefits:

- Saves hands from overuse by utilizing tools for deep tissue work.

# Contraindications

While Gua Sha is a safe and versatile therapy, it is important to know when it should not be applied. Avoid Gua Sha in the following cases:

- Over broken skin, open wounds, or infections.
- with someone that has DVT
- On areas with varicose veins or severe inflammation.
- For individuals with clotting disorders or those taking anticoagulants.
- During pregnancy unless performed by a trained professional.
- Over areas affected by severe skin conditions, such as eczema or psoriasis.

**Always consult with a healthcare provider if there is uncertainty about the appropriateness of Gua Sha for a specific condition.**

## How Often Do We Treat?

Gua Sha treatments are typically short, focusing on specific areas for 3-10 minutes per session. It is recommended to treat a person about twice a week, ensuring that any redness or soreness from the previous session has subsided before performing another treatment.

For most issues, noticeable improvement occurs within 6-8 treatments. If no progress is observed after 12 treatments, Gua Sha may not be the right therapy for that particular condition.

## Tools for Gua Sha

One of the best aspects of Gua Sha is its simplicity. Traditional tools include jade or rose quartz boards, while modern options like stainless steel instruments are also widely used. Everyday items, such as a Chinese soup spoon, jar lid, or even a coin, can serve as effective substitutes.

Regardless of the tool, always use a lubricant, such as massage oil, to protect the skin and ensure smooth gliding during treatment.

## Summary

Gua Sha is a time-tested, versatile therapy that offers numerous benefits for physical, systemic, and aesthetic health. It is accessible, cost-effective, and highly effective for treating a wide range of conditions.

With the insights and skills you gain from this workbook and the online course, you will be well-equipped to integrate Gua Sha into your daily life and professional practice. This is a tool not just for healing others but also for enhancing your own well-being.

## Specific Treatments For Ailments



## Points and Areas to Work On

**This section provides a detailed list of conditions, the areas to treat, and the associated acupressure points to focus on. These guidelines will help you determine the appropriate treatment plan for a variety of ailments and symptoms.**

# Stress-Relieving Points

**Stress-related pain often manifests in areas like the neck, head, and shoulders. Use these points to alleviate worry, anxiety, and associated physical discomfort.**

## - CV 17 - Sea of Tranquility

- Location: Four finger widths up from the base of the breastbone, at the center of the chest, between the nipples for most people.

- Benefits: Relieves worry and anxiety, deepens breathing, stimulates the thymus gland.

- How to Locate: Rub your fingertips up and down the breastbone to find a small indent.

## - Yintang (Third Eye Point)

- Location: Between the eyebrows where the bridge of the nose meets the forehead.

- Benefits: Calms the mind, promotes restful sleep, and clarifies thoughts.

## - Heart 7

- Location: At the ulnar end of the wrist crease, on the radial side of the flexor carpi ulnaris tendon.

- Benefits: Calms the mind and reduces stress.

# Headaches and Migraines

**Work the head, face, neck, and shoulder areas. These points are effective for alleviating headaches and migraines.**

## - Taiyang

- Location: On the temples.

- Benefits: Relieves tension headaches and migraines.

## - Du 20

- Location: At the top of the head, directly above the ears.

- Benefits: Clears the mind and reduces dizziness.

- **Gallbladder 20 (GB20)**

- Location: In the groove where the neck muscles attach to the skull, near the mastoid bone.

- Benefits: Relieves migraines and neck tension.

- **Bladder 10**

- Location: Half an inch from the spine, on the trapezius muscles near GB20.

- **Gallbladder 21 (GB21)**

- Location: At the midpoint between the neck and the edge of the shoulder, slightly toward the back.

- **Large Intestine 4 (LI4)**

- Location: On the highest point of the muscle when the thumb and index finger are pressed together.

- Contraindication: Avoid in pregnancy.

- **Liver 3**

- Location: Between the big toe and second toe, in the depression near the metatarsal joint.

## Sinus, Hay Fever, and Flu Headaches

**Work the same areas as for headaches. Add Gua Sha along the large intestine and lung channels.**

- **Bladder 2**

- Location: On the medial edge of the eyebrow.

- **Stomach 3**

- Location: Below the line of the pupil at the bottom of the cheekbone.

- **Large Intestine 20**

- Location: On the edge of the nostrils.

### **- Lung 1 and 2**

- Location: Below the clavicle on the chest, near the shoulder crease.

### **- Lung 5**

- Location: On the elbow crease near the biceps tendon.

## Emotional Problems

**Work on the specific symptoms and affected areas. Always include footwork for emotional imbalances.**

### **Anger**

- Liver 3: Between the big toe and second toe.

- Kidney 1: On the sole of the foot, below the ball of the foot.

### **Worry**

- Spleen 6: Four finger widths up from the inside ankle, behind the shin bone.

- Stomach 36: Four finger widths below the kneecap, one finger width out from the shin bone.

### **Fear**

- Kidney 3: Between the ankle and Achilles tendon.

### **Sadness and Heartbreak**

- Heart 7: At the wrist crease, on the radial side of the flexor carpi ulnaris tendon.

- Lung 1 and 2: Chest area, below the clavicle.

## Insomnia

**Treat head, face, neck, feet, and heart/pericardium channels. Use points based on the underlying**

**cause:**

- Due to Frustration: Liver 3.
- Due to Worry: Spleen 6, Stomach 36.
- Kidney 1: On the sole of the foot.
- Du 20: Top of the head.

## Low Energy Levels

**Focus on the head, neck, chest, and these points:**

- Spleen 6: Near the inside ankle.
- Stomach 36: Below the kneecap.
- CV 6: Two finger widths below the navel.

## Respiratory Problems, Colds, and Flu

**Work along the lung and large intestine channels. Key points:**

- Large Intestine 4 (LI4).
- Stomach 36.
- Dingchuan: One centimeter from the C7 spinal process.

## Digestive Issues

**Constipation**

- Large Intestine 11: At the outer elbow crease when bent.
- Stomach 36.
- Spleen 6.

## Diarrhea

- Same as constipation, with the addition of Stomach 25: Level with the navel, three finger widths out.

# Specific Treatments For Musculoskeletal Pain



## Stress-Relieving Points

Use these points for stress-related symptoms like neck pain, headaches, and anxiety.

### - CV 17 - Sea of Tranquility

- Location: Four finger widths up from the base of the breastbone, at the center of the chest.
- Benefits: Relieves worry, deepens breathing, and stimulates the thymus gland.

- Technique: Gently rub the breastbone to find a small indent.

**- Yintang (Third Eye Point)**

- Location: Between the eyebrows, where the nose bridge meets the forehead.

- Benefits: Calms the mind, clarifies thoughts, and promotes restful sleep.

**- Heart 7**

- Location: At the ulnar end of the wrist crease, on the radial side of the flexor carpi ulnaris tendon.

- Benefits: Calms the mind and alleviates stress-related symptoms.

## Neck Pain

**Work on the head, neck, shoulders, and associated points.**

**- Gallbladder 20 (GB20)**

- Location: In the groove where neck muscles attach to the skull, near the mastoid bone.

- Benefits: Relieves neck tension and headaches.

**- Bladder 10**

- Location: About ½ inch from the spine on the trapezius muscle, close to GB20.

**- Gallbladder 21 (GB21)**

- Location: Halfway between the side of the neck and the edge of the shoulder, slightly toward the back.

**- Small Intestine 3**

- Location: On the little finger side of the hand, at the crease when a soft fist is made.

**- Large Intestine 4 (LI4)**

- Location: On the highest spot of the muscle when the thumb and index finger are pressed together.

- Contraindication: Avoid in pregnancy.
- Add Stress-Relieving Points if stress is contributing to the pain.

## Shoulder/Rotator Cuff Pain

**Use the neck treatment protocol, excluding Small Intestine 3, and focus on the entire shoulder and arm.**

### - Gallbladder 21 (GB21)

- Benefits: Eases shoulder tension and stiffness.

### - Large Intestine 15

- Location: In the indentation on the top/front of the shoulder when the arm is raised.

### - Triple Warmer 14

- Location: Posterior to LI 15, in a depression inferior and posterior to the acromion when the arm is abducted.

### - Large Intestine 14

- Location: On the upper outer arm, at the bottom of the deltoid muscle.

### - Distal Points

- Large Intestine 11: End of the crease at the outer elbow when bent.
- Large Intestine 4 (LI4): As previously described.

## Tennis Elbow Pain

**Work the neck, shoulders, arms, and focus on ashi (painful) points in the forearm. Gua Sha along the large intestine channel is highly effective.**

- Large Intestine 11: At the elbow crease's end.

- Large Intestine 10: About 1 inch below LI 11.
- Large Intestine 4 (LI4): As previously described.

## Carpal Tunnel/Wrist Pain

**Work the neck, shoulders, arms, and hands.**

- Large Intestine 4 (LI4)
- Pericardium 7
  - Location: Center of the wrist crease.
- Triple Warmer 4
  - Location: Opposite side of the forearm, on the pinky side of the wrist crease.
- Heart 7
- Lung 9
  - Location: Indentation on the wrist crease, thumb side.

## Lower Back Pain

**Work the lower back, hip region, and down the back and sides of the legs.**

- Bladder 40
  - Location: Center of the back of the knee on the knee crease.
- Liver 3
  - Location: Between the big toe and second toe, near the metatarsal joint.

## Knee Pain

**Work the entire leg, lower back, and knee joint.**

- Bladder 40
- Bulls Nose Points
  - Location: Either side of the patella tendon below the kneecap.
- Inner Thigh Trigger Point
  - Location: About 1–2 inches above the knee, on the inside thigh muscle.
- Points on the Knee Crease
  - Location: Each side of the knee crease.
- Gallbladder 34 (GB34)
  - Location: On the outside of the shin, just below the fibula head.
- Stomach 36

## Ankle Pain

**Work the lower back, hips, legs, and focus on the ankle and foot.**

- Gallbladder 40
  - Location: In the depression in front of the outside ankle bone.
- Work all depressions around the ankle.

This expanded guide provides a clear roadmap for targeting specific points and areas, ensuring you can address various conditions effectively. Adjust pressure and technique based on client comfort and feedback for optimal results.

## Closing Words

As you continue your journey with Gua Sha, remember that it is not just a technique but a practice of care and intention. Approach each session with mindfulness, patience, and respect for the individual's unique needs.

Thank you for embracing this healing art. May it bring health, balance, and vitality to you and those you serve.

Best wishes for your Gua Sha practice,

Mark Perren-Jones