Chinese Manual Therapy (CMT) is a kind of natural therapy. Based on the theory of the body can respond physiologically and bio-chemically to forceful physical stimulation.

The major medical benefit of CMT is to improve metabolism, facilitate recovery from injuries and illness through boosting body fluid (blood, lymph and joint fluid) circulation.

In sports training CMT can quickly relieve fatigue and help prevent sports injuries, thus enhancing training effectiveness.

Functions of CMT

In Chinese medicine theory:
CMT works on balancing the body meridian system, by first identifying and then unblocking the vital meridians within the body. Once the meridians are balanced, proper health and harmony are expected to follow.

Competitive sports training makes athletes under frequent overloading and chronic straining, almost every athletes suffered from injuries and/or fatigue.

Pains and aches are common complaints. Chinese Medicine holds that pains and aches mainly due to meridian blockages.
Serious trauma: bone fracture, muscle strain, tendon sprain and joint dislocation.
Chronic injuries: tendinitis, bursitis, fat pad inflammation.
Overtraining: fatigue, deficiency

To relieve pain and subside swelling;
To enhance local metabolism;
To improve immunity;
To speed rehabilitation of tissues.

Basic Elements of CMT

Force (power): Includes both absolute force and intensity of pressure (i.e. force per unit area)
Frequency (duration): refers to the time required to complete a single movement, or the number of movements that completed per minute.
Direction of force: refers to the direction of force applied on the body or the direction of movement against the body.

Basic Elements of CMT

Being the Foremost essential element of CMT, appropriate force is the key to successful treatment. The treatment rhythm is controlled by frequency and the direction of the force.
For different combinations of the three elements, we have many CMT techniques and different schools (or style).
CMT can produce tonyfing and purging effects on the meridian system.

Tonyfing: related light force, low frequency, long duration and along the route of meridians.
Purging: related heavy force, high frequency, short duration and opposite (or vertical) direction to the meridians.

In other words, as physiological study results, short time quick stimulation induces excitement (i.e. purging) used in pre-match.
While long time gentle stimulation induces suppression (i.e. tonyfing) used in post-competition for recovery.

Touching the body to feel the difference and any change by making comparison.
We should:
- Identify the real signs of injuries
- Judge the level and nature of injuries
- Chose appropriate treatment techniques
- Evaluate the treatment effect

**Normal image:** Plump and resilient, robust and soft, with a smooth even texture and a clear border.

**Fatigued muscles:** Increased muscle tension, decreased muscle elasticity and apparent signs of dull pain.

**Acute injuries:** Swollen, much increased tension, lost elasticity, sharp pain.

**Chronic or uncovered injuries:** Hard knot, cord-like tissue and scarring
Palpable signs of tendons

**Normal image:**
Tenacious and strong, fine and even with apparent border.

**Fatigued and Chronic injured tendons:**
Thickened tendons, damaged uniformity, node with pain, fusiform-shaped change.

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Palpable signs of ligament fascia

**Normal image:**
Compact and firm, smooth and thin. It is better not to be touched.

**Chronic injured ligament fascia:**
Thickened and fluffy, touchable and tender on palpation

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1. **Kneading**

Rhythmic circular movement on one acupoint for 1-2 minutes, 60-80 per minute.

Tips: pre-match massage
Too much exciting or nervous, acupoint stimulation on neck, head.
Basic Techniques of CMT

2. Pressing

Repetitive vertical force is applied on deep muscles, ligaments and tendons. Duration for seconds to minutes.

Tips: Low back pain due to psoas tight.
Repeated pointing stimulations (usually using finger tip, nail) applied on injured point, suitable for chronic inflammation (bursitis, fat pad) for 5-10 minutes, 100-120 per minute.

Tips: Infrapatellar fat pad impingement
4. Pinching

Rhythmic alternate pinching on two opposite points, suitable for subcutaneous tissue, muscle and tendons. For 3-5 minutes, 20-120 per minute.

Tips: Achilles tendinitis treatment
5. Pushing
Rhythmic pushing towards the direction required, suitable for subcutaneous tissue, muscle and tendons. For 5-10 minutes, 30-60 per minute.

Tips: Ankle sprain.
Repeated Manualpilation with ice water bath alternately.
Ice(5min.) –pushing(5min.)-ice(5min.)-pushing-(5min)-ice(3min.), twice a day for 3-5 days
6. Scraping
Rhythmic pushing towards the direction required, suitable for subcutaneous tissue, muscle and tendons. For 5-10 minutes, 30-60 per minute.

Tips: Tennis elbow.
7. Plucking

Like the action plucking string on an instrument

Plucking can be used for deep muscle, tendons and nerve. The treating muscle, tendon and nerve are being picked, pulled and plucked quickly, and then sudden released to spring back to original position. Normally repeated 2-3 times.

Tips: strong stimulation activating tissue. Used pre-match

8. Yanking

Yanking is suitable for adhesive tissue and scars. Apply pressure to rub it back and forth in order to break the adhesion and thickening. Repeated 5-10 times.

Tips: Carpal tunnel syndrome
Basic Techniques of CMT

Transverse Tapping

Thank You!
CMT in Sports Training and Competitions

Posted on 15 September 2010.


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