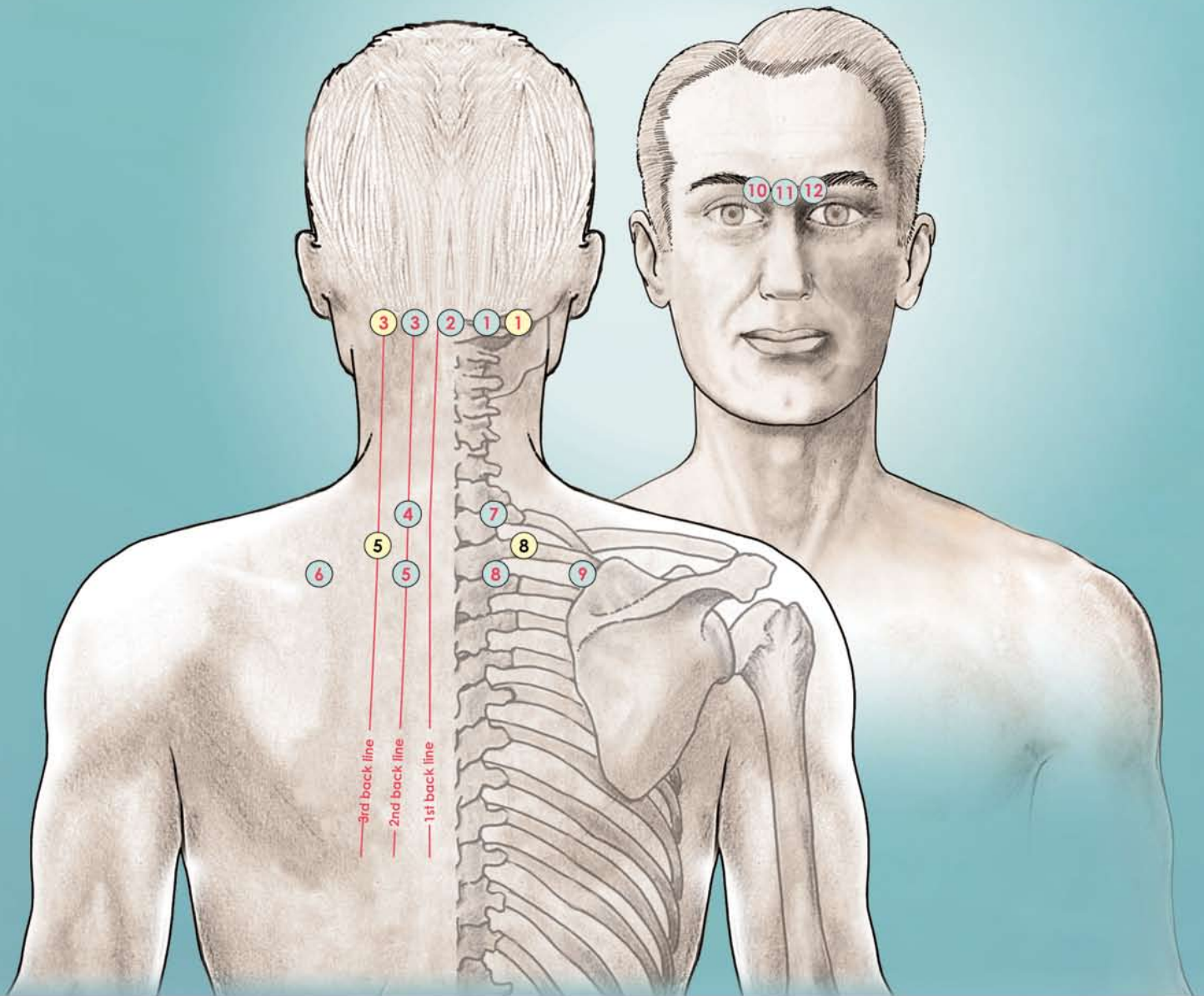


# THAI ACUPRESSURE

**For Orthopedic Disorders**

As instructed by the Wat Po School, Bangkok



**A Step-By-Step Guide**

by Noam Tyroler

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# THAI ACUPRESSURE

The medical branch of the Thai massage

## This comprehensive guide includes:

- 60 Traditional medical formulas for the treatment of orthopedic pains
- An Anatomical Atlas that demonstrates the location of 230 acupressure points
- Over 200 diagrams and more than 800 photos

## This book will guide you step-by-step

through the diagnosis and application of 60 simple, ready-made traditional routines used for the treatment of the most common orthopedic ailments such as:

- Headaches and facial disorders
- Neck, shoulder, arm, elbow, and wrist disorders
- Ankle, finger, and toe sprains
- Middle back, lower back, hip, leg, and knee disorders

## This guide is made for you

if you are a practitioner of any of the following:

Thai massage, acupressure, physiotherapy, chiropractic, osteopathy, acupuncture, shiatsu, Tuina, Anma, reflexology, deep tissue massage, sport massage, and holistic/Swedish massage. This guide is also for you if you work as a personal trainer, a fitness room instructor, a Pilates trainer, or a Yoga instructor.

## What is Thai acupressure?

It is an ancient Thai medical practice used to treat most human ailments by applying pressure on potent acupressure points and therapy lines. The practitioner uses his thumbs, hands, elbows, and knees to work on the energy channels and therapy points of his client's body. This book presents the basic teaching of Thai acupressure - the use of ready-made point combinations to treat orthopedic ailments. Each treatment routine is based on a set combination of points that treats a specific disorder. Thai acupressure is unknown among most westerners, even those that are familiar with Thai general massage. Unlike general Thai massage for the whole body, Thai medical acupressure routines are used to treat specific orthopedic pains. These are highly effective treatment routines that are also extremely simple to use.

## NOAM TYROLER

has been practicing Thai massage and Thai acupressure since 1989.

He is the head of the Department for Thai Massage and Acupressure at the Reidman International College in Tel-Aviv – one of the largest schools of complementary medicine in the world.



*This book is an important codification of ancient medical knowledge. It presents a simple, yet extremely effective approach to musculoskeletal pains. There are many good books on Thai general massage but no book on Thai acupressure. I strongly believe that this book can be a necessary foundation on which Thai acupressure would become a worldwide practice.*

**Professor Avshalom Mizrahi Academic Director - Reidman International College for Complementary Medicine**

*Every month, I treat several hundred clients, which equals several thousand treatments per year. This number allows me to view first-hand the effectiveness and genius of the Thai medical acupressure routines - an easily learned, grass-roots treatment doctrine, which until now has unfortunately rested solely in the hands of the few. It is my hope that this guide will circulate this important information among physiotherapists and others involved in manual therapies in all areas. These treatment routines comprise manual orthopedic treatments that allow one to utilize short, focused, and highly effective treatments under conditions of strict time constraints characteristic of the public health services.*

**Physiotherapist - Gilad Holy-Or**

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