

Noam Tyroler

has been practicing Thai massage since 1989. He was trained at the Shivaga Komarpaj School in Chiangmai, Wat Po School in Bangkok and studied with the following teachers: Guniga Piyapong, Suchat Wonguraprasert, Pichet Boonthamme, Sombat Tapanya, Chayut Priazit, Sutichai Tameesak, Nid Chaimongkol and Chongkol Setthakorn. He is the head of the Department for Thai Massage and Thai Acupressure at the Reidman International College in Tel-Aviv. His book "Thai acupressure" is the first book on traditional Thai formulas of acupressure points for the treatment of orthopedic disorders.

Traditional Thai acupressure

Thai acupressure is the physiotherapy of Thailand. It is widely practiced in Thailand but less known among most non-Thais. Unlike general Thai massage for the whole body, Thai medical acupressure treatment routines are based on traditional combinations or formulas of therapy points which may treat specific orthopedic disorders. These treatment routines are highly effective and simple to learn and use.

When time allows, these formulas are used as a part of a whole body Thai massage but when the treatment session time is restricted, these ready made formulas are used alone.

I hope to make this unique method accessible to any practitioner or student of Thai massage who wishes to treat his clients by working the therapy lines and acupressure points of the body.

THE POWER OF THAI ACUPRESSURE

An important aspect of treating an orthopedic pain is the proper identification of certain lines and points. Each orthopedic condition is manifested by a unique set of lines and points that are in a state of imbalance and need to be treated. Correctly identifying the proper set of points is the key for determining a treatment for that condition.

You and your client need to locate the correct points for each condition, and knowing these points is a crucial aspect of healing.

Thai practitioners who are very experienced and sensitive may easily identify all of the relevant points for a perfect treatment. With the knowledge of ready-made point combinations, A Thai Master is not needed! You are the Master. This knowledge will guide you straight to the points that are in a state of excess or deficiency. When your diagnosis is right, your treatments will often yield clear and lasting therapeutic results.

Program

Thai Acupressure - 4-day intensive

Hours (adjustable):

09:00 – 12:00 Class

12:00 – 13:00 Lunch + free time

13:00 – 16:00 Class

16:00 – 16:30 Tea break

16:30 – 18:00 Practice + Daily Exam

Training subjects

1. The basic pressure techniques of Thai acupressure.
2. The locations of 22 therapy lines and most of the 230 acupressure points.
3. The principles of Thai diagnosis for orthopedic conditions.
4. The treatment procedures of the 30 most useful Traditional Thai Acupressure routines.

Summary of training content

Neck disorders

- Locating the therapy lines of the back
- Locating the therapy lines and points of the upper back in the sitting position
- Neck diagnosis
- Neck treatment routines

Headaches and facial disorders

- Locating the acupressure points of the face
- Headache diagnosis
- Headaches treatment routines
- Face diagnosis
- Face treatment routines

Shoulder and shoulder blade disorders

- Locating the therapy lines and points of the shoulder blade and shoulder in the sitting position
- Locating the acupressure points of the chest
- Shoulder and shoulder blade diagnosis
- Shoulder and shoulder blade treatment routines

Arm, hand and elbow

- Locating the therapy lines and points of the arm
- Arm and hand diagnosis
- Arm treatment routines
- Elbow diagnosis
- Elbow treatment routines

Wrist and fingers

- Wrist diagnosis
- Wrist treatment routines
- Fingers diagnosis
- Fingers treatment routines

Middle back, lower back and hip disorders (part 1)

- Locating the therapy points of the lower back and hip
- Middle back diagnosis
- Middle back treatment routines
- Locating the therapy points of the abdomen

Middle back, lower back and hip disorders (part 2)

- Locating the therapy lines of the outer leg
- Locating the acupressure points of the outer leg for lower back and hip routines

- Lower back and hip diagnosis
- Lower back and hip treatment routines

Middle back, lower back and hip disorders (part 3)

- Locating the therapy lines of the inner leg
- Locating the acupressure points of the inner leg for lower back and hip routines
- Lower back and hip diagnosis
- Lower back and hip treatment routines

Leg and Knee disorders

- Locating the acupressure points of the thigh
- Leg diagnosis
- Leg treatment routines
- Knee diagnosis
- Knee treatment routines

Ankle, foot and toes

- Locating the acupressure points of the lower leg
- Locating the acupressure points of the foot
- Ankle diagnosis
- Ankle treatment routines
- Foot diagnosis
- Foot treatment routines
- Toes diagnosis
- Toes treatment routines

Thai acupressure points

The points of a routine are thumb-pressed one after the other for several rounds as long as improvement occurs, up to ten repetitions. Each point is pressed for 5 to 15 seconds. The amount of

pressure should suit the client. When time allows, a general treatment on the therapy lines of the routine is performed prior to the work on the acupressure points. In acute conditions, treatment can be applied daily until recovery. In chronic non-acute conditions, treatment should be given twice a week.

Ready-made points combinations (formulas)

Ready-made sets of point combinations are widely used by different acupuncture and acupressure traditions. An important aspect of the point combinations is that they can be relied on as a very effective therapeutic tool even by practitioners with only basic training in manual therapy and without any knowledge of medical theory. In addition, the use of point combinations establishes a solid foundation for the development of intuitive awareness of the energy lines and points.

The point combinations of Wat Po

The course is based on my book which presents 60 point combinations. They comprise the standard basic collection of Thai medical acupressure routines. They were composed and collected in 1955 during a series of seminars by a group of teachers gathered by the founder of the Wat Po massage school, Mr. Preeda Tangtrongchitr. In these seminars, knowledge was shared and exchanged in order to compose a standard general massage treatment routine and a standard body of well-trying and proven-effective ancient point combinations for the treatment of simple orthopedic disorders. These two bodies of knowledge have been taught since then in the course for basic general massage and in the course for therapeutic massage in the school of Wat Po in Bangkok.

Simple orthopedic disorders

These 60 points combinations treat many of the most common orthopedic pathologies that can be treated by a manual therapeutic method. They treat soft tissue ailments such as muscular hypertonicity and myofascial trigger points, muscular weakness, muscle strains, tendinous disorders such as tendinosis, tendonitis and tenosynovitis, ligament sprains, osteoarthritis, neuro-vascular entrapments and neural tensions. The routines cannot treat serious pathologies such as fractures, joint dislocations, orthopedic ailments created by viral or bacterial diseases nor by internal or systemic diseases. There are many more treatment routines that are practiced in Thailand.

TREATMENT ROUTINE

The treatment environment

Acupressure treatment may be given on a mattress on the floor, on a bed, on a treatment table, or on a chair when treating upper body ailments. The client is fully dressed. In Thailand, men are sometimes treated with their upper body exposed.

A treatment routine versus a general massage

Unlike a general treatment for the entire body, a treatment routine is aimed at treating an existing disorder, and focuses on only a few select areas, lines, and points (sometimes stretches are also used). The lines and points of a specific routine are the core of the treatment, while other parts of the body are ignored or treated only when time allows.

Short treatments - points only - 20 to 30 minutes

When your time is limited, use only the combinations of points.

Start with the first point of the routine, continue with the second, and then onto the rest of the points. When completing one round, start a second round, and continue repeating the rounds of points until the end of the session time. Each point is pressed for as long as you feel right. That

would usually be between 10 to 15 seconds, and at times even longer. The pressure is usually deep and should ideally be the strongest your client can still enjoy.

Full treatment sessions

Ideal treatment sessions last for as long as your client is in need of your pressure. Some disorders can be thoroughly treated within 20 minutes while others should continue as long as improvement occurs, and as long as your client wants more work. Stop when the points become "tired." An experienced therapist may feel when the points do not need pressure any longer

