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## Instructions

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1. Patting the arms: Stand naturally with the feet apart. Raise one arm horizontally, but do not stretch it straight. Pat it with the other palm from the shoulder to the wrist and hand, and then back from the hand to the shoulder along the anterior, lateral and posterior aspects. Use alternate patting on the left and right arms, and repeat 12 to 24 times (see Fig. 1).

This exercise promotes the circulation of qi and blood in the shoulders and arms, releases adhesions and hence reduces soreness and pain.



Fig. 1

2. Pounding the shoulders and back: Stand naturally with the feet apart. Pat on the left shoulder with the right palm, at the same time giving light blows on the right side of the back with the back of the left hand. Alternate patting on the left and right sides and repeat 12 to 24 times (see Fig. 2).

This exercise relaxes the shoulders and back, relieves spasms, soothes the tendons and therefore alleviates soreness and pain.

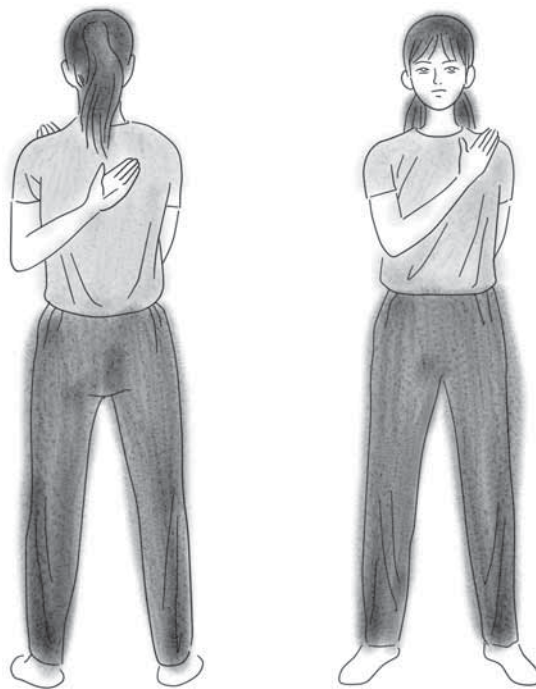


Fig. 2

3. Knocking on Shenshu (B 23): Stand naturally with the feet apart. Knock on the left and right Shenshu (B 23) (on the lower back, 1.5 cun lateral to the midpoint between the spinous processes of the second and third lumbar vertebrae) alternately with the palms, the back of the hand or the back of the fist (see Fig. 3). Repeat 12 to 24 times.

This exercise strengthens the kidneys, promotes blood circulation, relieves numbness and is therefore good for the treatment of lower back pain.



Fig. 3

4. Swaying the waist while swinging the arms: Stand naturally with the feet apart and relax the whole body. Swing the arms to the left and to the right alternately while swaying the waist. Beat the waist with the swinging hands, particularly delivering blows on the lower back with the back of the hands (see Fig. 4). Repeat 12 to 24 times.



Fig. 4

This exercise is designed to relax the sacrum and hips, soothe the tendons, strengthen the waist, prevent disease and ensure longevity.

The duration and frequency of this exercise will be different for different people. It is enough when a feeling of hotness occurs. Generally speaking, each exercise session takes about 20 minutes, and the exercise should be done two to four times a day, half an hour before or after meals.

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### Notes

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1. Patting and pounding should be done slowly without tension, moving gradually from light to heavy blows.
2. The exercise load can be adjusted in the following way: Add more if there is only soreness, reduce if there is pain and stop if there is numbness. When there is muscle soreness with a feeling of heaviness and distension while raising the arms (this is a normal reaction to the exercise), the exercise load should be increased. Increased local pain indicates an incipient inflammation of muscles or tendons, and the exercise load should be reduced to avoid extension of the inflammation. Numbness is a sign of pressure on a local nerve, suggesting incorrect practice. Stop the exercise at once to find out the cause and resume practicing only when the faults have been corrected.

3. Be sure to take off your top layers of clothing before exercising. In the winter, you may leave a top layer on until after one or two steps and put it back on immediately after exercising to avoid catching cold. Change your undershirt if it has been dampened by sweat.

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### Contraindications

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1. Stop exercising if there is acute local inflammation, high temperature or symptoms of hemorrhage.
2. Do not perform these exercises during times of emotional upset; the requirements of the movements cannot properly be achieved, and excessive actions may cause injury.

This kind of patting is especially suitable for older people with weak constitutions and soreness in the back, shoulders and arms. Though simple, it offers good results if it is performed consistently.