

Ada Sobieszczuk - Abstract

The Sinews 筋經 are the means by which we engage with the world and first and foremost create our connection to humanity. Wei Qi (that runs our Sinews) is the human soup that we live in and extends beyond the confines of our bodies and skin.

These are the most exterior channels of the body - not connected to Primary channels or organs. Clinically we use them most commonly in the treatment of musculoskeletal disorders. They are really good at treating pain. Because when the Sinews (our defence system) get assaulted by cold and fail to expel it (by sweating, sneezing etc, our routes of elimination) the Sinews tighten and contract creating pain. We offer the body an out, by needling the single point on the Sinew channel, the Jing-well point, and work the channel to expel the cold.

To diagnose where we need to work we need to carry out a movement assessment.

Each of the 6 sets of Sinew channels Taiyang, Shaoyang, Yangming, Taiyin, Shaoyin & Jueyin govern specific movements. By discerning which movements make the pain worse we can find the root problem and clear the cold out so it doesn't get trapped and linger in the tissues and joint spaces for years.

In this introductory workshop you will delve into Sinew channel theory and treatment. You will learn how to diagnose through movement assessment, how to feel for a Sinew pulse and come to know where the Sinew trajectories run and how to needle them. The theory will also elucidate the concept of Wei Qi, and how the Sinews overlap with the nervous and immune system. Putting all of this together, you will witness a demonstration of how a Sinew treatment is carried out. Get ready to put your hand up – Taiyang Sinew!