

## Part A

### **1. Theme: Traditional Chinese Medicine (TCM) in rehabilitation**

Finding treatment for the sequelae of central nervous system (CNS) injury has been a historical challenge. Even though progress has been made in recent years, the rehabilitation rate of patients with CNS injury has not shown significant increase. By combining acupuncture, Chinese massage and herbal medicine, our treatment plans are able to provide effective treatments that improve patients' conditions significantly.

Routinely, we deal with sequelae of brain injury and spinal cord injury by acupuncture and Chinese massage, or with the combination of herbal medicine. These have been proven to be effective in clinical practice.

Rehabilitation with traditional Chinese medicine is a scientific strategy involving basic theories, therapeutic methods and clinical applications. Through a long history of practical experiences, traditional Chinese medicine has evolved its own fundamental theories. The theories were originated from practice, and in return, they guide the practice. They have had a history of thousands of years.

### **2. Purpose:**

Trainees can get an idea of how to combine TCM in rehabilitation. This training will enable students to apply a variety of TCM techniques such as acupuncture, massage etc. in order to help patients recover from diseases such as brain injury, spinal cord injury and sports injury. Consequently, this may accelerate the recovery journey of many patients.

## Part B

### **1. Theme: Special TuNa for spinal problem combining with acupuncture in fascia treatment – spinal disorder can cause internal disease**

Chronic soft tissue injury and spinal physiological degeneration may directly or indirectly stimulate or compress the spinal nerve root, the vertebral artery and vein, the spinal cord and/or the sympathetic nerves. This may lead to various syndromes, and often resulting in autonomic nerve dysfunction that ultimately affects its innervated organs. With the combination of the special needle technique and TuiNa, the mechanical imbalance of the spine can be instantly corrected. This can lead to a restoration of the spinal nerve root and autonomic nerve function, hence achieving the goal of treating visceral diseases.

### **2. Purpose:**

Through the study, the trainees will learn the connection between the spine and the internal diseases. In addition to herbs and traditional acupuncture, special needle technique presents

an alternative treatment option. Moreover, from the operation of the special needle technique, trainees will be exposed to a more variable selection of needles and the piercing method in ancient acupuncture.

### **3. Speakers:**

- 1) Dr Zhi Biao Lu (Part A)
- 2) Dr Junliang Tang (Part B)

### **4. The training content:**

#### Part A

- 1) Comprehensive treatment of Chinese medicine rehabilitation
- 2) Diagnosis and differentiation of traditional Chinese medicine and western medicine rehabilitation
- 3) Treatment of soft tissue damage and joint damage
- 4) Case study and class interaction

#### Part B

- 1) Selection of needles and explanation of proper needle
- 2) Commonly used needle techniques and manipulation
- 3) Diagnosis and treatment plan for angina, stomachache, breast hyperplasia, and primary dysmenorrhea
- 4) Clinical demonstration

### **5. Training information – Auckland and Christchurch – 7 hours CPD (Acupuncture NZ and NZASA has approved)**

- 1) **Language:** Chinese speaking only
- 2) **Time:**  
Auckland: 9:00-12:00am, 1:00-5:00pm, **Sunday, 25/11/2018;**
- 3) **Venue:**  
Auckland: 382c Manukau Road, Epsom, Auckland (NZ School of Acupuncture and TCM)
- 4) **Fees:** \$ 200 per person, Student is \$160 (Internet Banking: TCM Chinese Medical Centre; **06-0665-0443033-00**) **Early bird price \$185 (by 31/10/2018)**
- 5) **Contact details:**  
Text:0211612411 (Libing Zhang - Christchurch) or 0211822766 (Albert Zhang-

Auckland)

E-Mail: [info@newhopeclinic.co.nz](mailto:info@newhopeclinic.co.nz)

## **6. Presenters' profile:**

**Dr Zhi Biao Lu:** Senior Medical Consultant of ShiSanHang Traditional Chinese Medical Center; Adjunct Lecturer of Guangzhou University of Traditional Chinese Medicine; Adjunct Professor of Guangdong Food and Drug Vocational College; Director of Acupuncture and Massage Rehabilitation Department in ShiSanHang; TCM Associate Chief Physician; Member of the Association of Chinese Medicine and the Association of Acupuncture; Former Sport Injury and Rehabilitation Therapist of the Sports Administration Bureau of Guangzhou; Former Chief Physician for sport injury and rehabilitation of the Guangzhou Soccer Club. He has over 40 years of clinical experience and has conducted research on various areas. He is specialized in pain treatment, combining with Western medicine and TCM. He maintains the balance between vital energy and blood circulation via herbal medicine, acupuncture, massage, moxibustion and physical therapy. His acupuncture techniques adhere to tradition and result in an effective treatment.

Specialism: sports injuries; osteoarticular diseases; spinal cord injury; post-traumatic brain injury rehabilitation; neck, shoulder and lumbar curial pain.

**Dr Junliang Tang:** Consultant physician, Director of the Department of Spinal Tuina and Miscellaneous Diseases of the ShiSanHang Traditional Chinese Medical Center; Member of the Chinese Acupuncture Medical Association, Member of the Professional Committee of the Guangdong Acupuncture and Moxibustion Society, and Member of the Umbilical Needle Professional Committee; Adjunct lecturer at Guangzhou University of Traditional Chinese Medicine. With more than ten years of clinical experience, he learned "Long's Chiropractic" from Wang Tingchen and Zhong Shiyuan, "Special Needle Therapy" from Tian Jijun, "Shi Huai Tang New Nine Needles" from Qiao Zhengzhong. In clinical practice, he specializes at treating chronic soft tissue pain and spine-related diseases with a combination of "needle relaxation of tendon" and "TCM TuiNa manipulation".

## 第一部分

### 一、 主题：传统中医在康复上的应用

中枢神经系统损伤后遗症的治疗在长期以来一直是个难题。虽然近些年在此方面的治疗取得了一定的进展，但中枢神经系统损伤患者的康复率并没有大幅度提高。通过结合针灸疗法，按摩和中医药内调外治，我科治疗方案取得了不错的效果，显著地改善了患者的病情。

我科经常通过针灸疗法和按摩理疗及功能训练，或中药和内科的组合来处理脑损伤和脊髓损伤的后遗症。这些方法在临床上是十分有效的。

中医康复是一门研究基础理论，治疗方法和临床应用的科学。中医在临床实践的悠久历史中具有独特的理论基础。该理论源于实践，并以此为指导实践。它有着数千年的悠久历史。

### 二、 目的：

学员可以通过了解以上内容，学习如何将中医和康复理疗结合起来。此项培训教授学员运用针灸按摩等各种中西医康复疗法，帮助患者从脑损伤，脊椎损伤或运动损伤中逐渐改善，从而减短患者的康复周期。

## 第二部分

### 一、 主题：脊柱病因疾病的中医手法和刃针治疗

脊柱区带的慢性软组织损伤及生理性退变，会直接或间接地对神经根、椎动脉静脉，脊髓或（和）交感神经等产生刺激或压迫，而引起临床中多种综合征，并且常由此发展而导致自主神经功能紊乱。从而引起所支配的脏器出现病症。通过毫刃针与手法配合，能快速纠正脊柱区带的力学平衡，恢复脊神经根及自主神经功能，从而达到治疗内脏疾病的目的。

### 二、 目的：

通过本次学习，我们将使学员们在面对内科杂病时，多一个从脊柱出发的思路。除了药物和传统针灸之外，多一种可选择的治疗手段。并且，从毫刃针的操作中引起大家对古法针灸中针具的选用及刺法的思考。

### 三、 主讲人：

陆志彪教授（第一部分）

唐俊良医生（第二部分）

### 四、 培训内容：

#### 第一部分

- 1) 中医康复的综合治疗手段
- 2) 中医康复的中西医结合诊断和鉴别
- 3) 软组织损伤和关节损伤的治疗
- 4) 案例分析和互动

#### 第二部分

- 1) 针具的选择和刃针释疑
- 2) 常用的针法与手法

- 3) 类心绞痛，胃痛，乳腺增生和原发性痛经的诊疗方案
- 4) 临床示教

## 五、 培训信息—奥克兰—7 小时 CPD 学分 (Acupuncture NZ 已经通过)

- 1) 授课语言：中文
- 2) 时间：  
Auckland: 9:00-12:00am, 1:00-5:00pm, **Sunday, 25/11/2018**;
- 3) 地点：  
Auckland: 382c Manukau Road, Epsom, Auckland (NZ School of Acupuncture and TCM)
- 4) 费用：\$200; 在校学生费用是\$160 (银行转账: **TCM Chinese Medical Centre; 06-0665-0443033-00**) 早鸟价\$185 (2018 年 10 月 31 日)
- 5) 联系方式:
  - a) **奥克兰**:  
微信号: albertnz  
短信: 0211822766 (张佰昭医生)  
电子邮箱: [info@newhopeclinic.co.nz](mailto:info@newhopeclinic.co.nz)

## 六、 主讲人简介

**陆志彪教授**: 十三行国医馆高级医务顾问、广州中医药大学兼职讲师、广东食品药品职业学院兼职教授、针灸推拿康复科主任、中医副主任医师。中国中医药学会会员、中国针灸学会会员、曾任广州市体育局运动员创伤治疗师、运动员康复治疗师、广州足球俱乐部运动创伤康复主治医师。从事医学临床工作四十多年，细心钻研中医内科、运动创伤科，积累了大量的工作经验和理论知识，并进行自主分析研究；能熟练运用中西医结合诊疗、针灸推拿、理疗等综合治疗法和中药内调外治法治疗各种痛症，针灸手法传统正宗，疗效显著。

诊疗科目：中医内科、针灸推拿、运动创伤康复理疗

专业特长：主要治疗各种痹症、失眠、骨质疏松、骨关节退行性病变、颈肩腰腿痛、软组织损伤、运动创伤等。

**唐俊良医生**: 广州市十三行国医馆脊疗杂病专科主任，副主任医师。广州中医大学兼职讲师。中华针刀医学会委员，广东省针灸学会手法专业委员会委员，脐针专业委员会委员。

临床工作十余年，先后师从王廷臣、钟士元学习“龙氏整脊”，田纪钧学习“刃针疗法”，乔正中学习“师怀堂新九针”，并公派至北京针刀总医院进修。临床中擅长以“针法松筋”与“手法正骨”相结合治疗慢性软组织疼痛及脊柱相关疾病。