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**NATIONAL STANDARD OF THE  
PEOPLE'S REPUBLIC OF CHINA**

**GB/Z 40893.4-2021**

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**Specification for operation technologies of traditional Chinese  
medicine - Pediatrics - Part 4: Tuina**

中医技术操作规范 儿科 第4部分：小儿推拿疗法

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## Table of Contents

|                                                                                           |    |
|-------------------------------------------------------------------------------------------|----|
| 1 Scope .....                                                                             | 1  |
| 2 Normative references .....                                                              | 1  |
| 3 Terms and definitions .....                                                             | 1  |
| 4 Operation steps and requirements .....                                                  | 1  |
| 4.1 Preparation before operation .....                                                    | 1  |
| 4.2 Procedure .....                                                                       | 2  |
| 4.3 Pediatric Tuina Operation Sequence and Replenishing and Reducing .....                | 4  |
| 4.4 Pediatric Tuina therapy operation time, treatment interval and treatment course ..... | 5  |
| 4.5 Postoperative treatment .....                                                         | 5  |
| 15 Reference .....                                                                        | 16 |

## Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for Standardization Work Part

1. Structure and Drafting Rules of Standardization Documents" Drafting. This document is the 4th part of GB /Z 40893 "Technical Practice of Traditional Chinese Medicine Pediatrics". GB /Z 40893 has released the following part.

1. Internal medicine and administration methods for children;

2. Commonly used external therapy in children;

3. Pediatric acupuncture and moxibustion therapy;

4. Pediatric massage therapy;

5. Pediatric cupping therapy;

6. Children's lighting method. Please note that some of the contents of this document may involve patents. The issuing agency of this document is not responsible for identifying patents. This document was proposed by the State Administration of Traditional Chinese Medicine. This document is under the jurisdiction of the National Standardization Technical Committee of Traditional Chinese Medicine (SAC/TC478). Drafting organizations of this document. Nanjing University of Traditional Chinese Medicine, Chinese Society of Traditional Chinese Medicine, Yancheng Hospital of Traditional Chinese Medicine. The main drafters of this document. Li Jiangquan, Wang Shouchuan, Chen Zhengguang, Dai Qigang, Xu Shan, Wang Mingming, Zhao Xia, Han Xinmin, Su Xiangfei, Xu Ling, Chen Xiuzhen,

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The technical operation of TCM pediatrics covers a lot of content. In order to meet the urgent clinical needs, it is also the need for the modernization and internationalization of TCM pediatrics. To guide clinical practice with standardization and standardization, after multiple rounds of demonstration and research, select the treatment and operation techniques that have the characteristics of traditional Chinese medicine and commonly used in pediatrics. According to the form and characteristics of technical operation, it is divided into 6 parts. GB /Z 40893 "Traditional Chinese Medicine Technical Code of Practice for Pediatrics" involves Chinese medicine children. The technical methods commonly used in clinical medicine mainly include the following 6 parts.

- 1.Internal medicine and administration methods for children;
- 2.Commonly used external therapy in children;
- 3.Pediatric acupuncture and moxibustion therapy;
- 4.Pediatric massage therapy;
- 5.Pediatric cupping therapy;

## 1 Scope

GB/Z 40893.4-2021 is the Chinese national standard on specification for operation technologies of traditional chinese medicine - pediatrics - part 4:tuina, in the field of health care technology. The /Z suffix marks it as a guiding technical document: it does not prescribe requirements that can be certified against, but sets out the technique, the method or the state of the art that the standards bodies recommend following. It was issued on 26 November 2021 by the State Administration for Market Regulation; Standardization Administration of China. As a guiding technical document it carries no separate date of entry into force: it applies from publication. Classification: ICS 11.020, CCS C04. This page is published from the official record of the standard held by the Chinese standards administration: the identification, the dates, the classification and the issuing body are taken from there. The clause text, the tables and the numeric limits are in the document itself, which is delivered complete in English translation.

This document specifies the operation steps and requirements of pediatric massage therapy, and gives precautions and contraindications. This document is applicable to the technical operation of pediatric massage therapy.

## 2 Normative references

The content of the following documents constitutes an indispensable clause of this document through normative references in the text. Among them, dated quotations Only the version corresponding to the date is applicable to this document; for undated reference

documents, the latest version (including all amendments) is applicable to This document.

GB/T 12346 Names and Locations of Acupoints

### 3 Terms and definitions

The following terms and definitions apply to this document.

3.1 Tuinaipediatics By applying various massage techniques to the meridian points on the children's body surface, adjust the functions of yin and yang and viscera, strengthen the body and remove evil, and dredge the meridians, It is a non-drug treatment method that harmonizes qi and blood to treat and prevent diseases.

#### 4.1 Preparation before operation

4.1.1 Appliances Ordinary bed, massage media such as water, talcum powder, onion juice, ginger juice, edible oil, etc. Refer to Appendix A for the commonly used media of pediatric massage.

4.1.2 Environment The environment is clean and hygienic, the room is quiet, the temperature is suitable, and the wind and cold are avoided.

4.1.3 Position Choose a treatment position that is comfortable for the child, can expose the operating part, and is convenient for the doctor to operate, such as sitting position, supine position, lateral position, and prone position.

4.1.4 Location Select appropriate treatment points according to the syndrome differentiation. Refer to Appendix B for commonly used acupoint positioning and manipulation techniques in pediatric massage, acupoint positioning should be Meet the requirements of GB/T 12346.