

Shiatsu

What is Shiatsu

Shiatsu is a touch-based therapy that applies pressure to areas of the surface of the body for the purpose of correcting imbalances, and maintaining and promoting health. Shiatsu, a Japanese word that literally means finger pressure, derives its theoretical and practical roots from the ancient traditions of Oriental medicine.

Today it is an autonomous treatment method influenced by Chinese, Japanese and Western knowledge. Several styles of Shiatsu exist, ranging from mechanical to mystical, but all with a common aim: to promote the flow of Ki through the energy-channels or meridians of the body.

Ki is a Japanese word (Chinese, Qi or Chi) used to describe the life force said to flow through the **Meridians**, sometimes described as bio-electro-magnetic energy.

A Shiatsu session

A Shiatsu practitioner will

- consult with the client and plan the Shiatsu treatment
- position the client for effective treatment and to give as much comfort as possible
- carry out the Shiatsu safely and correctly
- make appropriate adjustments to meet any changing needs
- deal effectively with the client's response
- check the client's well-being throughout and give reassurance where needed
- provide clear and accurate advice with regard to any relevant aftercare
- evaluate the outcomes and effectiveness of the Shiatsu treatment to inform future plans and actions

The number of treatment sessions required will vary depending on the condition being treated.

How Shiatsu may help

Shiatsu has been reported as helpful in relieving symptoms in many instances of conditions such as stress, tension, back-, neck- and shoulder pain and other chronic conditions.

Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of Shiatsu.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health, can help when choosing a practitioner that meets the national standards of practice in Shiatsu: it has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website www.cnhc.org.uk