# 陈政嶬

# 骨傷科整復術

# TAN CHING NGEE CHINESE PHYSICIAN

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### 太极药精

#### 适应师范围:

筋骨扭伤、化瘀消肿、消炎止痛、颈肩背腰酸痛、四肢麻痹、风湿关节肿痛、痛风(尿酸)、胸胃腹胀痛、刀伤止 血、跌破皮伤口发炎、烫灼烧伤、指甲边化脓、蛆蚀手足缝裂开、富贵手、轻度狗咬、蜂叮、无名肿毒疔疮痛痒 等。(暗疮, 痔疮痛以本药油调家用麻油各一匙涂患部, 每两小时涂一次。)

用法:1日3-5次。每个疗程 5-7天:必要时可酌量增加。推药患部90分钟才洗水。手即刻可洗。

- 1) 扭伤, 颈肩背腰痛、风湿关节炎、肌肉痉挛等。药油淋湿患部范围須大些涂抹推擦后, 患部若用保鮮膜封 绷带包扎更佳。(忌用棉花沾药油帖患部)
- 2) 跌破皮伤口发炎、富贵手、蛆蚀手足缝裂开、痛风红肿、灼伤或烫伤起水泡药油淋湿患部清凉止痛。 (烫灼伤忌浸洗冷水) 虫,狗咬蜂叮等疔疮药油淋湿患部。3)指甲边或趾甲边生入甲边肉内作痛,药油时时滴患部。
- 4) 胸胃腹胀痛药油須从胸部涂湿至腹部。
- 5) 刀伤止血用棉花沾药油按伤口片刻。

#### TAI CHI YAO JING

It is effective in alleviation the following symptoms: 1. Muscular and joint injuries such as bruises, sprains 2. Neck and waist soreness.

- 3. Spasms. 4. Contusions. 5. Inflammation of lacerations/joints. 6. Numbness in extremities from nerve impingement. 7. Rheumatism.
- 8. Swelling from gout. 9. Stomach bloatedness and chest discomfort. 10. Bleeding from minor cuts by aiding clotting. 11. Skin problems such as itchiness, minor scalds, burns, bites, stings. 12. Ingrown toenail symptoms such as – a. Minor festering along the nail (plate).

13. Eczema (especially hand dermatitis). 14. Haemorrhoids (Piles). 15. Pimples.

#### **General Directions:**

- 1. Apply on affected areas 3 5 times per day. 2. Each course of treatment should last 5 to 7 days. 3. Hands used to apply the medication oil can be washed immediately after application; affected areas, however, can be washed 90 minutes after application.
- 4. The medication oil is only meant for external usage.

# 太极伤风膏与一滴通风油同功

#### 适应范围:

感冒鼻塞、鼻炎敏感、头晕头痛、颈肩背痛、肌肉酸痛、喉痒咳嗽、呼吸逼促、胸闷不畅、肚胃胀痛、轻度烫伤、 皮肤瘙痒、小疗疮痛、虫叮痛痒、跌打扭伤、风寒湿痛、关节肿痛、藤鞭抽伤、坐骨神经抽痛。

#### 使用方法:

鼻塞,鼻子过敏,用棉花签或指尖沾伤风膏涂鼻孔内壁。感冒、头晕头痛涂太阳穴,双耳后脑,颈肩; 或涂纸巾或掌心握空拳捂鼻前作深嗅吸。喉痒呛咳涂喉部及鼻孔内壁。

## TAI CHI ( BALM ) SHANG FENG GAO SAME EFFICACY AS TAI CHI FENG YOU

Revitalizing and soothing, it is effective in alleviating symptoms induced by the following common ailments:

- 1. Colds, Flu, Nasal Congestion (Blocked Nose) 2. Heat Exhaustion 3. Headaches, Heat Exhaustion, Nausea
- 4. Throat Irritation and Coughing 5. Abdominal Distension, Chest Discomfort and breathlessness 6. Skin problems such as Itchiness, minor scalds, burns, bites 7. Stomach bloatedness and Chest discomfort 8. Rheumatism 9. Muscular and joint injuries such as bruises, sprains 10. Neck and waist soreness 11. Spasms due to nerve impingement

Directions: 1. Apply on affected areas 3 - 5 times per day. 2. Each course of treatment should last from 5 to 7 days.