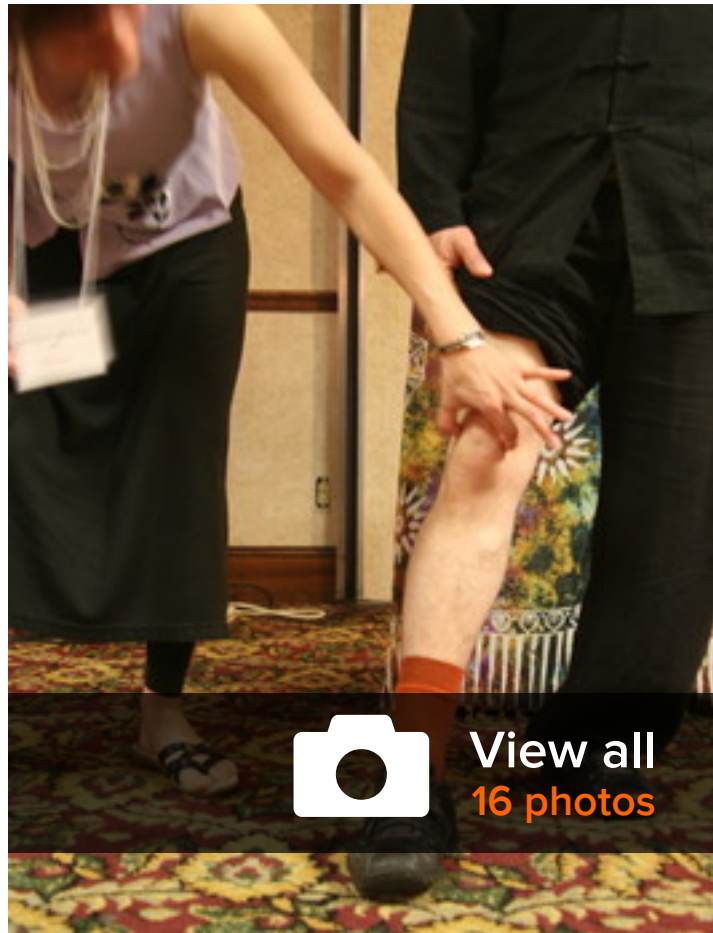


SPORTS / RECREATION / COMBAT SPORTS

Shifu Loretta Wollering on Knee Therapy

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Shifu Wollering explained how to locate the kneecap.

Violet Li

During a recent [Tai Chi Gala](#) held in Albany, New York, [Shifu Loretta Wollering](#) shared a knee therapy exercise to alleviate the pain and accelerate the healing process. She patiently explained how to [massage](#) the knees step-by-step. The attendees followed her instruction, and massaged their own knees for 10 – 15 minutes; afterwards, they stood up and walked around with a smile.



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Shifu Wollering stated that in her early 20's, she suffered from severe knee pain due to sports injuries. Later, she met **Grandmater Jou Tsung Hwa**, who showed her a simple yet highly effective method that healed her knees within one year while she was practicing a high impact **Tai Chi** routine, namely Chen Style Old Frame Routine Two (or Cannon Fist).

This knee therapy method was designed by Grandmaster Jou applying the principles of Tai Chi silk reeling energy and Chinese medicine massage. There are 20 steps as the following:

- 1 Sit on a chair.
- 2 Straighten the left leg with the knee locked.
- 3 Feel the left kneecap with the left hand.
- 4 Use the right hand to gently pull the skin on the left kneecap down toward the toes.
- 5 Use the index finger or the middle finger of the left hand to feel a soft spot right above the left kneecap (Point A on a diagram included in a slide show on the left-hand-side).
- 6 Gently massage the soft spot A for a minute by using the friction technique.
- 7 Use the right hand to gently pull the skin on the left kneecap to the right side.
- 8 Use the index finger or the middle finger of your left hand to feel a soft spot left to the left kneecap (Point B on a diagram included in a slide show on the left-hand-side); for a

better result, you can turn your left Kua (hip bone) inwards a little bit.

- 9 Gently massage the soft spot B for a minute by using the friction technique.
- 10 Use the right hand gently pulling the skin on the left kneecap upwards toward your body.
- 11 Use the index finger or the middle finger of your left hand to feel a soft spot right below the left kneecap (Point C on a diagram included in a slide show on the left-hand-side).
- 12 Gently massage the soft spot C for a minute by using the friction technique.
- 13 Use your right hand gently grab and lift the left kneecap and make a S-Shape movement like the Yin/Yang line in a Tai Chi symbol (See a diagram included in a slide show on the left-hand-side).
- 14 Use the left hand to gently pull the skin on the left kneecap to the left side.
- 15 Use the index finger or the middle finger of your right hand to feel a soft spot right on the right side of the left kneecap (Point D on a diagram included in a slide show on the left-hand-side); for a better result, you can turn the left Kua outwards a little bit.
- 16 Gently massage the soft spot D for a minute by using the friction technique.
- 17 Use your right hand to gently grab and lift the left kneecap and make a reverse S-Shape movement like the Yin/Yang line in a Tai Chi symbol (See a diagram included in a slide show on the left-hand-side).
- 18 Use the edges of your both hands swiftly rub the left knee for a minute (See a photo included in a slide show on the left-hand-side).
- 19 Rub both hands together for 30 seconds until they are warm and gently massage the left knee. (See photos included in a slide show on the left-hand-side).
- 20 Use both hands to gently pull the left knee up and the left foot in, and gradually stand up. (See a photo included in a slide show on the left-hand-side).

Leisurely walk a few steps and feel the difference in the left knee. Then, you can repeat the process on the right knee. Shifu Loretta also offers an option if people do not like to straighten knees while sitting or have a hard time to reach the knees. She recommends pulling up another chair and resting the leg on it while massaging it. This knee massage can help heal knee injuries. It is also a good maintenance

routine to prevent [knee injury](#) from sports or the aging process. It is a natural healing technique working on deep tissue and meridians, which is similar to the methods used by many acupuncturists and massage therapists.

During the workshop, Shifu Loretta pointed out that people tend to forget breathing properly while massaging themselves. She reminded everyone that it is important to relax the body and mind first, and breathe naturally during the self-massage process.

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