


An exploration of the origin and flow of the development of traditional Chinese medicine orthopedic and chiropractic massage

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Abbreviations

TCM, traditional Chinese medicine.

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Abstract

Traditional Chinese medicine (TCM) chiropractic massage is a kind of orthopedic therapy that corrects the abnormal anatomical position of bone or joint and corrects the dislocation of joint by manipulation so that the bone is soft and the Qi and blood are reconciled (Qi: The intangible, high-mobility nutritive substance that maintains vital activities). Manipulation treatment is the first of the four major orthopedic diseases. At the same time, TCM chiropractic massage is also an essential part of TCM. TCM orthopedic chiropractic practice originated from the struggle between humanity and nature, sprouted from the Warring States period to the two Han Dynasty, formed in the Sui, Tang, and Song Dynasties, matured in the Ming and Qing Dynasties, and flourished in the modern era. In more than 2,000 years of development, many practical techniques have been produced, which have profoundly influenced the inheritance and development of modern techniques, making the TCM orthopedic chiropractic massage in the contemporary era form the characteristics of “tendon and bone” and “point-line-face combination”. At present, the development of TCM chiropractic massage is facing the great challenges of modern medicine and modern advanced science and technology such as American chiropractic and the limitations of its development. Therefore, in the future, the development direction of Chinese medicine orthopedic chiropractic massage should be “hybrid to treat”. In the face of modern medicine, we should take its essence to its dross, eclectic, organically integrate its advantages into itself, enrich its theoretical framework, and strengthen the construction of disciplines and departments to enhance its competitiveness. It is believed that Chinese medicine orthopedic chiropractic massage can have better development in the future and can make more contributions to the health of the world's people.

Keywords: traditional Chinese medicine osteopathy manipulation; traditional Chinese medicine chiropractic manipulation; source and flow examination; development and prospects

Background

Traditional Chinese medicine (TCM) osteopathy and chiropractic manipulation is a commonly used clinical technique for adjusting minor spinal joint disorders and important fracture management, which has a long history in China and is of great historical significance for chiropractors engaged in the osteopathy and chiropractic industries of Chinese medicine. Due to the lack of sufficient literature on the systematic organization of the historical development of Chinese orthopedic chiropractic sources and the summary of the current development of Chinese orthopedic chiropractic. Therefore, this paper summarizes and organizes the historical development of Chinese orthopedic chiropractic technology from the perspective of history and development, as well as the development of Chinese orthopedic chiropractic and the future development of the current situation and outlook for Chinese orthopedic chiropractic, and expects this paper can cause readers and Chinese orthopedic chiropractic practitioners or experts in the field of thinking and inspiration.

Relevant historical developments

Ancient descriptions of osteopathy

Historical achievements of osteopathy in Chinese medicine.

Chinese osteopathy massage has a long history, originated in the struggle between human beings and nature, and has developed continuously in the practice of production and life in the development of human society. From the archaeological data unearthed in the Neolithic Age, it is found that the human fossils in this period have traces of fracture healing, indicating that as early as in the Neolithic Age, human beings already had the experience of using rattan and other things to deal with the simple treatment of the fracture initially, which is also the budding period of the Chinese medicine osteopathy. After that, the primitive experience of treating bone injuries is formed in the practice accumulated over a long period.

With the development of the social division of labor among human beings and the emergence of writing, written records of orthopedics gradually began to appear. The earliest formal record of orthopedics is found in the *Zhou Li – Tian Guan*, which divides medicine into four types: food medicine, disease medicine, ulcer medicine (surgery and orthopedic surgeons), and veterinary medicine. Initially, the medical sub-specialties were established, and doctors were established at all management system levels. Later generations of the development of various disciplines of Chinese medicine have accumulated valuable experience. Pain, gold ulcers, folding ulcers of Zhu medicine, pay to kill the “Qi”, ulcer doctor that traumatology physician. Rituals – the moon – Meng Qiu said, “Fate of the look at the injury, an inspection of trauma, see folding, judging, deciding the prison will be the end of the level”. This period of injury is divided into “injury, trauma, fracture, break” four categories of diagnosis and treatment [1]. These records all mark the budding of Chinese osteopathy.

Written before 168 B.C.E., the *Zubi Shiyi Maijiu Jing* (foot and arm eleven meridians moxibustion classic) describes the “Shoulder Meridian”: “Quarrel pain, swollen jaws, can’t take care of the shoulder, shoulder seems to be off, forearms seem to be folded ... Jaw pain, laryngeal paralysis, arm pain, elbow pain ...”. Foot solar bladder meridian: “Wasting of the small fingers (toes) of the diseased foot, severe pain ... lumbago, pain in the spine, pain in the neck”, which is about the description of the “shoulder vein” and the “foot sun bladder meridian” states that when the spinal meridian is diseased, there will be “Inability to take care of the shoulder, the shoulder seems to be detached, the biceps seem to be folded ... waist pain”, the description of “shoulder vessel” and “foot sun bladder meridian” states that the symptoms of spinal meridian lesions are “Unable to take care of the shoulder, the shoulder seems to be detached, the biceps seem to be folded”.

The *Huangdi Neijing* (*Huangdi’s Cannon of Medicine*) recorded “By the Spine and Loose Center Method” is a kind of pressure through the vertebrae, loose adjustment of the spine pivotal joints of the

maneuver. “The *Huangdi Neijing Su Wen – Tune Jing Theory*” also contains: “Massage does not release, the needle does not repel, move the gas in the insufficient, God gas is restored”, sick in the tendons, adjust their tendons, sick in the bone, adjust their bones. “Sickens in the tendons, ... adjust their bones” reflects the people in this era have been “adjusting tendons and bones” knowledge. The spiritual center – evil viscera disease shape theory: “Spleen pulse ... large even for the hit servant”; Kidney pulse ... slow even for the folding ridge. This is the “*Neijing*” on bone injury symptoms and pathology of the description and record [2].

When the time came to the Sui and Tang Dynasties, Sun Simiao in the *Beiji Qianjin Yao Fang* (valuable prescriptions for emergency) “Laozi massage method” the introduction of holding the head rotation method, rotating the spine method of prevention and treatment of low back pain: “Twisting the inner spine, the outer spine for three times”, also recorded traction flexion and extension method of treatment of acute lumbar sprains: “Is sitting in the east. Sitting in the east, closing his hands to hold the heart, a person in front of the front according to tiptoe its two knees, a person after holding its head, Xu pulling to make supine, head to the ground, three up, three lying on the millimeter, indicating that there are already prevention and treatment of acute spinal injuries in this period of simple manipulation”.

The Tang Dynasty’s Lin Taoist suggested in his *Xianshou Lijin Xuduan Mifang* (immortal authorization of injury treatment and renewal secret recipe) that “Wherever there is damage to the left or right, one only needs to look at the bone joints, and by carefully twisting and speculating, one will be able to see the general picture”. He pointed out that after a joint injury, we should pay attention to the examination of the bone joints and identify whether there is dislocation, subluxation, or misalignment of the joints through the examination of the joints.

In 1331, Li Zhongnan stated in the “*Wind Injury Folding Volume XXII*” in the *Yonglei Qianfang* (inscription formulas of the yong class) that: “Whenever a person falls into the cervical bone ... medical hand; pick up and smooth the muscles and bones to bring the joints back to the right position”; and recorded the “Atlantoaxial Vertebrae End-rotation Method”. Treatment of cervical spine trauma: doctors use their hands to reset the atlantoaxial joints; this method was developed into the “Cervical Folding Top Method” during the Yuan Dynasty. A cervical spine repositioning technique called the “Touting Neck and Sitting Poppy Method” was also reported, in which cervical vertebral fracture and dislocation were quickly repositioned by traction using a cloth bib suspension. An over-extension traction method for lumbar injuries called the “Panmen Drag and Extension Method” was also documented, the first time in the world to apply over-extension traction and manipulation to treat lumbar vertebral fractures. In the 20th century, Western medicine was only applied to treating spinal disease with the Watson-Jones method (Watson-Jones).

In 1337 C.E., Wei Yilin of the Yuan Dynasty authored the book *Shiyi Dextao Fang* (the world’s doctor gets effective formulas), in which there are detailed records on the restoration of fracture injuries and joint dislocations, Wei’s book for the first time proposes to classify shoulder dislocations into anterior and superior and sub glenoid dislocations of two types and records the use of the “Suspension and Traction Restoration Method” for the treatment of spinal injuries, which advocates the use of lumbar splints for external fixation after vertebral fracture restoration. In his book, Wei first proposed classifying shoulder dislocation into two types, anterior superior and inferior glenoid dislocation, and recorded it using the “Suspension Traction Restoration Method” to treat spinal injuries.

In 1368 C.E., the Yuan Dynasty Imperial Hospital doctor edited the *Huihui Yaofang* (*Huihui Medicinal Formulas*), introduced the method of prone traction treatment of cervical spine injury, “*Huihui Yaofang – Folding Injuries Door*” contained: “If the neck bone joints off ... so that the patient back to lying down, a person to pull its head forward, a person in the joints of the bone on a slow rubbing to make to the soft, and then into the present place”. The first description of the spinal fracture spinal cord injury combined with paraplegia in “*Huihui Yaofang*” reset of spinal fracture, advocating the use of the bar lifting

and pressure method and the use of splints to fix or lumbar back pillows to maintain the hyperextension position. This response to the fact that orthopedic treatment in the Middle Ages in China has been developed fairly scientifically and is, therefore, still used to varying degrees in clinical practice today.

The Ming and Qing Dynasties were the period of its mature application. In the Ming Dynasty, Yi Yuan Zhen Ren introduced the methods of “Sitting in a high chair and rubbing the upper part with both hands” or “Using both hands to set the ear gate, lifting and stretching the upper part to pick up” to treat cervical spine injuries.

Qing Dynasty is the most rapid development of osteopathy and traumatology theory, during the period of the birth of many such as the “*Shangke Huizuan* (compendium of injuries)”, “*Niegu Mifa* (pinch the bone secret method)”, “*Yizong Jinjian* (medical Jinjian)” and other more complete osteopathy and traumatology works.

The methods of “climbing and stacking bricks” and “lumbar and dorsal pads and pillows” for treating vertebral fractures are recorded in the “*Jinjian of the Medical School – Essentials of Bone-setting Methods*”.

In the Qing Dynasty, Hu Tingguang’s *Compendium of Shangke Huizuan* (injuries – Shangliao manipulation diagrams) reported on a treatment called the “Sweat Scarf Lifting Method” for treating neck injuries and the “Abdominal Pillow Cylinder Method” for resetting straightened vertebral fractures.

Historical development of Chinese chiropractic. The “Suwen – Gukonglun” section of the “*Huangdi Neijing*”, written in the Spring and Autumn Period and the Warring States Period, records information on chiropractic in Chinese medicine. Suwen-Gukonglun has clearly documented that adjusting the spinal joints can treat lesions of the ducal vein: “People have contractures and back urgency, leading to the wounds and pain, pricked from the beginning of the neck, several spine warrior spine, the fast press of the hand should be like pain, pricked in the evening of the three, and has been”.

Spiritual Pivot – back acupuncture point: “Back acupuncture point lesions can be applied” are held in the spine three inches away from each other, then you want to get and test, according to its place, should be in the middle and the pain is solved, it is its acupuncture point also. “Suwen – bone empty theory” and Ling Shu – back acupoint in the record indicates the back Shu points of the method of acupuncture and manipulation to adjust the spinal joints to treat “shoulder and back contracture, coercion, and rib pain” [3].

In 610 C.E., Sui Dynasty Chao Yuanfang’s *Zhubing Yuanhou Lun* (treatise on causes and manifestations of various diseases) introduced the techniques of “drawing, stretching, shaking, vibrating, pressing, nu, pulling” for the treatment of cervical and lumbar pain and reported for the first time the application of the rotational method for the treatment of cervical spondylosis: “One hand is long and comfortable, and the palms are raised and closed. A hand to the chin, pulling the outward, a moment of extreme potential two or seven, left and right, is also the same. The hand does not move, the two to the side of the situation, the sharp pull of the cervical bone, go to the cervical bone sharp and strong, headwind brain rotation, laryngeal paralysis, cold injection within the shoulder, a migraine”. This is also the first application of Chinese chiropractic records [4].

In the Tang Dynasty, Lin Taoist wrote: “*Xianshou Lijin Xuduan Mifang*” (the secret recipe of renewal of the bone), in which the term “bone dislocation” appeared, and a basic understanding of it was developed. (Bone dislocation: a condition characterized by local pain, impaired movement and palpable enhancement of motion end feel, decreased relaxation, and tenderness. Often occurs when indirect or chronic force causes the bones to subluxate).

Sui and Tang Dynasties, the State Medical Department set up a “massage section” to specialize in “Teaching the method of guidance to remove diseases, injuries to the folding and falling of the correct”, and in the Song, Yuan and Ming Dynasties, “massage section” subsection more refined, divided into “Massage and massage section, folding ulcer section, orthopedic and gold arrowhead section, bone receiving section”, this period of orthopedic science and chiropractic from the traditional medical sub-specialty division out so that the

formation of an independent discipline system.

During the Song and Yuan Dynasties, chiropractors summoned patients by ringing a bell, and the *Lingyi Tu* (Bell doctor’s diagrams) recorded chiropractors’ chiropractic adjustments for them suffering from low back pain and applying topical poultices to treat them pictorially.

Liu Wenyi in the Qing Dynasty’s *Niegu Mifa* (pinch bone secret method) in the special column pinch bone diagnosis and treatment of the secret method: “Where the spine pain, where the pain, where the high must be”. The treatment is: “Use the big finger to point to the high spine slightly press, and high and low spine level, that is, healing”.

The Qing Dynasty – Wu Qian “*Yizong Jinjian – Orthopedic Method*” on the “bone dislocation” made relevant records: “Face up the head can not be heavy, or tendon long bone wrong”, “Or because of the fall, the bone suture is opened wrongly”. The Qi and blood stasis are stagnated. The swelling is painful, “Or the wind is cold first. Then the injury is hurt by the fall, and the blood stasis is condensed”. There is a slight dislocation between the bone segments, and the bone is not in the position, and the bone is removed from its position. The “*Jinjian of the Medical School - Bone Setting Method*” describes and summarizes the symptoms and causes of “bone dislocation” and puts forward the treatment principle of “If the bones are separated from position, they must be terminated by manipulation”.

Qian Xiuchang’s *Shangke Buyao* (injury supplement) said: “Light only injured sinews and flesh easy to get along with, heavy is difficult to cure the bone gap, the first hand gently rubbing, so that the bones and tendons softly stretch”, “Only injured sinews and flesh easy to get along with, the bone gap is difficult to cure” points out the prognosis of the tendon and bone injuries, and puts forward the can be it points out the prognosis of musculoskeletal injuries and suggests the treatment method of using hands to make the bones and tendons close and stretch.

The outward export of Chinese orthopedic chiropractic manipulation:

In 1746 C.E., Chinese scholar Gao Zhifeng compiled “*Guji Liaofa Zhongbao Ji* (osteopathic reproduction of treasure)” to disseminate Chinese osteopathic techniques to Japan and introduced Li Zhongnan’s cervical spine suspension and traction method in the form of drawings. At the beginning of the 19th century, Japan’s famous Judo osteopathic master, Yoshiwara Gendo, sent his student, Ninomiya Hikko, to China to learn osteopathic techniques. Ninomiya Hikaru’s compilation of “*Chinese Bone-Setting Illustrations*” (also known as “*Chinese osteopathy*”) introduced Chinese osteopathic techniques, which is a crucial documentary basis for the spread of Chinese osteopathic techniques [5]. In the new century, Chinese osteopathy chiropractic has spread to Korea, Europe, America, and other countries and regions, and it is trendy in these nations and areas.

Modern schools of Chinese medicine orthopedic chiropractic

(1) Qing Gong School of Bone Setting: the representative figure is Yi Sanga, Sun Shuchun, advocating the combination of manipulation, TCM, and practice, “Moving first and then static, power imbalance in the front, static imbalance is the main” to improve muscle balance.

(2) Lingnan Lin’s Orthopedic School: its representative is Lin Yingqiang-Wu Shan. The most essential feature of its approach is the combination of fast wrenching and slow wrenching, high speed, low amplitude.

(3) Shanghai Shi’s School of Orthopedic Surgery: its representative is Shi Lanting-Shi Yinyu, whose idea is “Bone joints are wrongly sewn, tendons and bones are out of harmony, phlegm, and stagnant paralysis, and Qi and blood are impassable”, and focuses on the combination of manipulation, needle, and knife, and guiding.

(4) Liaoning Huashan Bone-setting School: Sun Yonghe and others have unique bone-setting techniques.

(5) Tianchi School of Injuries: Liu Deyu-Liu Boling in the Qing Dynasty, with “the kidney is the main bone” as the theoretical guide, and the theory of Qi and blood to regulate the spleen and stomach, strengthen the tendons and bones, and tonify the kidneys and essence;

put forward the three steps and eight methods of treatment of cervical spondylosis; two steps and ten methods of treatment of lumbar synostosis.

(6) Henan Pingle Guo's School of Bone Setting: Guo Xiangtai, Guo Weihuai of Henan Pingle College of Bone Setting creates kneading, pinching, rubbing, and relaxing – pressing and kneading acupoints – positioning and rotating resetting techniques.

(7) Gansu Longzhong School of Bone Setting: Guo Junfu combined with the local situation in Gansu to create the “Three-step, three-position nine method of treatment of lumbar protrusion, spinning and pulling maneuver or two-step, three-position, five methods of treatment of cervical spondylosis”.

(8) Feng Tianyou Orthopedic Manipulation: the founder of the new medical orthopedic therapy, that lumbar synostosis is lumbar curvature flattened, lumbosacral upward shift, the creation of spinning basin and buttocks, spinning the waist and chest fixed-point rotary reset treatment of lumbar synostosis.

(9) Long's Orthopedic Manipulation: representative of the Long Cenghua – spine etiology, advocating orthopedic massage, physiotherapy and drug dehydration, and functional exercise.

(10) Shanghai Wei's Injury: representative characters: Wei Zhixin-Li Guoheng-Li Feiyue, advocating that all types of injuries should be carried out in the early stage of functional exercise, both emphasis on manipulation of the reset and the importance of TCM internal treatment of conditioning.

Modern developments in orthopedic chiropractic

After the development of modern osteopathic medical doctors, the modern survival of the Chinese orthopedic chiropractic schools of numerous, a hundred flowers blossomed in the various schools, colleges, and universities and the predecessors of the book, now part of the main schools of orthopedic manipulation briefly collated in the following [6, 7].

(1) *Clinical Osteopathy*, written by the Department of Orthopedic Surgery of Tianjin Hospital, advocates “Touching the heart, pulling, stretching and pulling, rotating, flexing and stretching, lifting and pressing the end of the squeeze, rocking and touching, massage and massage”.

(2) *Chinese Medicine and Injury Science*, edited by Guangzhou University of TCM: “Pulling and stretching, rotating, flexing and stretching, horizontal squeezing, bone splitting, folding the top, rotating, longitudinal pressure” and other techniques.

(3) *Clinical Osteopathy*, edited by the Orthopedic Teaching and Research Group of Shandong University of TCM: touching, pulling and stretching, pushing and pressing, wrenching and lifting, pinching and squeezing, splitting the bones, folding the top, flexing and stretching, rotating, drumming the air, shaking, percussing, and stroking.

(4) *Proceedings of the Fourth National Symposium on Pingle Bone-setting*, edited by Henan Luoyang Bone-setting Research Institute: pulling and stretching, pushing and squeezing, pressing, folding and pressing the top of the bone, embedding and relieving, gyrating, pulling and rubbing, and rocking and pushing the top of the bone.

(5) *Liu Shoushan Bone-setting Experience*, edited by Beijing University of TCM, Dongzhimen Hospital: Eight Methods of Bone-Setting: Push, Take, Continue, Straighten, Connect, Pinch, Handle, and Support.

(6) *The Chinese Medicine Injury Science Lecture Notes*, edited by Shanghai University of TCM: pressing, catching, end, lifting, massage, massage, pulling and stretching, traction, pressing and kneading, and other techniques.

(7) *Sports Traumatology*, edited by Sports Traumatology Institute, Chengdu Institute of Physical Education: end, move, shake, hang, push, turn.

(8) Fujian Zhang Anzhen and other collation of “Lin Rugao bone-setting experience”: touch, pulling and stretching, holding and pulling, pressing, lifting and supporting, pushing and squeezing, shaking and turning.

(9) Shandong Wendeng Osteopathic Hospital compiled “*Osteopathic Manual*” techniques: palpate attentively, pull and stretching traction, flexion, and extension of the spread, lifting and pressing the right,

swinging and touching, hand pinching and turning, squeezing and pinching the bones, folding the top of the back around the buttons and squeeze the idea of a unique approach.

Although the techniques are varied, they always focus on palpation and are based on end-lifting, pulling, stretching, and traction. They combine with the unique orthopedic concepts of each family to form a system of their own.

Through studying the functional anatomy and biomechanics of the spine and combining them with historical experience, a generation of masters, such as Wei Yizong and Wei Chunde, innovated a new school of Chinese osteopathy in the new century – Chinese chiropractic [8, 9]. It sums up the historical chiropractic techniques into eight major techniques: massage, traction, rotation, suspension, lateral wrench, hyperextension, flexion, etc. It condenses and arranges the eight essentials of Chinese chiropractic methods, such as “Doctor-patient co-operation, combination of movement and static, simultaneous emphasis on tendon and bone, internal and external treatment, treatment of upper disease, treatment of lower disease, treatment of lower disease, treatment of abdominal disease, and so on”, and proposes the method of “Ridding tendons and bones, and the mechanism of the spine” after sorting out the history of spine adjustment and summarising the mechanism of chiropractic adjustment [10]. After collating and summarising the history of chiropractic and the mechanism of chiropractic, the three major chiropractic treatment principles were proposed [11, 12].

With the development of the times, the development of Chinese chiropractic discipline more and more standardized, has published a series of chiropractic teaching materials, Wei Yizong in 2004 published the first chiropractic monograph, “*Chinese Chiropractic*”, and followed by the launch of the “higher college of TCM textbooks – chiropractic series”; “The First Chinese Chiropractic Academic Exchange Conference” held in Beijing in November 2004, after the beginning of Chinese chiropractic own academic exchanges; and in 2006, the Chinese Association of TCM Chiropractic Branch was formally established, marking China has an independent chiropractic medicine; Wei Yizong, Wang Xiuguang and other experts and scholars, led by the introduction of the “Chinese medicine chiropractic chiropractic orthotics adjusting curvature method of the operation of the norms of standards”, making the definition, operation and indications of chiropractic manipulation such as “Pressing the spine and loosening the pivot method, atlantoaxial end-turning method, and cervical spinning and lifting method” have been standardized to a large extent, which further promotes the development of chiropractic discipline [13–16].

Current status and outlook of Chinese osteopathy and chiropractic

In recent years, the Chinese orthopedic chiropractic school has flourished and has spread to all parts of the world, making significant contributions to the health of people around the globe. However, the following problems cannot be ignored in its development.

Although Chinese chiropractic and American chiropractic have the advantage of “simplicity and inexpensive effectiveness”, there is still a patent dispute with American chiropractic. Although Chinese chiropractic has achieved progress and development in the form of scientific and technological awards and the publication of relevant industry standards, it is still criticized by American chiropractors for the standardization and quantitative effectiveness of its techniques for reasons that are analyzed below.

The controversy between American chiropractic and Chinese chiropractic mainly lies in the similarity of palpation content and rotational manipulation during diagnosis [17]. The reason for American chiropractic and Chinese chiropractic may be that American chiropractic technology is related to Chinese chiropractic technology, with historical origins in its generation and development. However, American chiropractic has paid more attention to the construction of disciplines and the cultivation of talents in the development process. There are 17 chiropractic colleges in the USA, and particular American chiropractic colleges have been established around the

world [18]. The establishment of American chiropractic colleges around the globe has also promoted the publicity of American chiropractic and helped to expand its academic influence, so Chinese chiropractic needs a certain image of publicity and influence in the world.

There is no formation of an independent first-level discipline. The current enrollment in Chinese chiropractic discipline in China has been relatively insufficient since the creation of Chinese chiropractic discipline in 2016. However, it has been training six college students totaling 6,765 people, and master's degree graduate students 1,039 people, it is still necessary to increase the scale of enrolment and expand the team of talent training [19]. Although there are currently "Tui Na" related textbooks for the introduction of Chinese chiropractic massage, many of them belong to the understanding of the content, and at present, the content of Chinese chiropractic in colleges and universities just attached to the "Tui Na", which will inevitably lead to the lack of Chinese chiropractic disciplines of the talent pool.

There is no independent clinical department of Chinese orthopedic chiropractic. Most Chinese orthopedic chiropractic practitioners are attached to the Tui Na department or even the orthopedic injuries department. In contrast, most Chinese medicine hospitals do not have any Chinese orthopedic chiropractic department, which leads to the fact that Chinese orthopedic chiropractic is challenging for the public to understand. Many people still think it belongs to the Tui Na department or the orthopedic injuries department of Chinese medicine hospitals, and it lacks space for independent development. Moreover, in the face of modern equipment for American chiropractic (such as fascia guns, chiropractic guns, etc.) of convenience and speed, Chinese chiropractic technology's living space has been compressed to varying degrees, which is also its development faced with a small challenge.

With the rapid development of orthopedic spine surgery in modern medicine, Chinese orthopedic techniques have been significantly impacted. In many Chinese orthopedic departments nowadays, spinal fractures are almost always treated by spinal surgery, except for long bone fractures of the limbs, which are still treated by traditional fixation. The proportion of Chinese bone-setting techniques in orthopedics and traumatology is getting smaller and smaller, and the impact and challenges of advanced instruments, minimally invasive surgical methods, and rehabilitation devices from modern medicine cannot be ignored.

However, Chinese osteopathic chiropractic manipulation has its advantages. TCM chiropractic massage focuses on both tendons and bones. Adjusting the spine also pays attention to regulating soft tissues such as muscles. While paying attention to bones and joints, it also does not ignore the pathological changes of surrounding soft tissues. At the same time, TCM orthopedic chiropractic pays attention to "forming lines with points and taking lines with surfaces". "Points" are acupoints on each meridian; "lines" are meridians distributed horizontally and vertically, and "surfaces" are body surface muscles and soft tissue planes that carry meridians and acupoints. Through TCM, chiropractic massage, while adjusting bones and joints, stimulates the meridians and acupoints on the same plane to relax the entire muscle and soft tissue. Compared with American chiropractic and spinal surgery, Chinese osteopathic chiropractic manipulation relies relatively less on instruments, and compared with invasive operations, Chinese osteopathic chiropractic manipulation is mostly non-invasive, with higher safety, less spinal damage, and a higher degree of acceptance by patients. In terms of the practicality of the techniques, Chinese osteopathy chiropractic techniques are simple and easy to learn, convenient to operate, and have obvious therapeutic effects. The treatment cost is relatively low, so the patients have less financial burden through Chinese osteopathy chiropractic techniques. The advantages of simplicity and inexpensive effectiveness can still be well utilized in some areas where healthcare resources are relatively lacking, which can reduce patients' economic burden and help the country. In some regions where medical resources are relatively scarce, it can still give full play to its "simplicity and inexpensive effectiveness" advantages, which can reduce the financial burden for patients and the country.

In this era of prosperous development of TCM and the period of national support for the development of TCM, Chinese osteopathy chiropractic will have more long-term growth in the future, which requires us to inherit the tradition and keep the right and innovation. Not only to ensure their characteristics but also to keep up with the times, in the modern scientific and technological support, to do with the times of innovation. As the "Suwen" said, "Therefore, the sage's hybridity to govern each should be appropriate", we cannot rest on our laurels. In terms of thought, we cannot exclude new things because developing new things has a great future. Just as with imaging technology in modern medicine, we also need to combine it. On the one hand, it can improve the safety of the operation. On the other hand, it can directly reflect the effectiveness of treatment by comparing imaging before and after the operation. Because of the above problems, we should also actively improve to survive and develop. At the theoretical level, we need to explore further the laws of the spine and related diseases, combined with the theory of TCM, put forward more unique insights from the perspective of TCM, and explore deeper disease mechanisms based on modern medicine. In the training of talents, we should increase enrollment and set up Chinese osteopathy training centers all over the country to expand the scale of training of talents; in academic communication, if we can set up a special Chinese osteopathy periodical, it will be more convenient for the scholarly communication and expanding the academic influence; in the construction of disciplines, we should speed up the efforts of discipline construction, and we should apply for the independence of the first-level discipline, to improve the discipline status of the Chinese osteopathy, which will be beneficial to the high-level orthopedics and osteopathy. Finally, suppose we can get strong support from the government to gradually set up independent Chinese medicine osteopathy chiropractic departments in major Chinese medicine hospitals. In that case, it will greatly enhance the development level of Chinese medicine, such as osteopathy chiropractic, and massage at the local level, and its influence among the people. It will also facilitate patients to receive treatment from professional osteopathy chiropractors. Regarding management, branches of the TCM Chiropractic Committee should be set up one after another in each province, autonomous region, city, and state throughout the country.

Summary

The bone-setting and chiropractic massage of TCM, from its germination (from the Warring States period to the Han Dynasty) to its formation (from the Sui and Tang Dynasties) and the application and development of various times, have left a thick and heavy mark on the development of TCM. Its characteristics are mainly the combination of "bones and muscles", point-line-surface, and the combination of palpation and imaging. Its development has a long history and is continuous, forming a situation with many schools and diverse methods. By summarizing the historical development origin and origin of TCM, orthopedic chiropractic can not only summarize the historical experience for the development of TCM orthopedic chiropractic but also reflect the uniqueness of TCM orthopedic chiropractic. In the future, we should give full play to the spirit of "hybrid governance and eclecticism", integrate the advantages of modern medicine into our own, enrich our theoretical framework, strengthen the construction of disciplines and departments, and enhance our discipline competitiveness. By combing and summarizing the development status of TCM orthopedic chiropractic and personal superficial suggestions, we also hope to bring some new enlightenment to the development of TCM orthopedic chiropractic.

Although the development of Chinese osteopathy chiropractic is facing various challenges and impacts, we believe that under the unremitting efforts of our colleagues, soon, Chinese medicine hospitals will gradually establish independent Chinese osteopathy chiropractic departments, which will give Chinese osteopathy chiropractic a broader application space and a better future, and better contribute to the spinal health of the people in the country and the world!

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