

關於桔槔

桔槔(音同節高)看似一奇怪難唸的名字。其實，中國早在3700年前已有桔槔二字，其用於田畦間利於自井中取水灌溉之構造，簡單省力的工具，它也就是我們現在談的槓桿，本按摩組正是利用槓桿原理應運而生，故而公司取名桔槔。

公司簡介

綜觀市面上的按摩器材，各有其優缺點，如何能有一台既簡單、功效著注、又攜帶方便為每一個人都適用的按摩器具，是我一直想要研發的目標。

我內人是中醫師，在加拿大溫哥華有三十年的執業經驗，我對中醫、自然醫學、民俗療法也有三十餘年的涉獵，並在福州中醫學院進修二年。在按摩器的研發上，我與內人及專家學者們相互切磋，且不斷修正、創新，並利用力學及槓桿的理論基礎，發揮出實質功能，使理想成真。完成了構造簡單，力道足夠，輕巧方便的按摩組具。

達成按摩功能的組件是兩枝主桿由織帶連接，各桿加上一顆按摩球，由按摩球壓在痠痛點後再由兩手在桿上施壓，即達成按摩的目的。由於枝桿前後皆有調整孔，可變換帶子或球的位置，使枝桿的間距伸放自如，而通達全身任何一點。枝桿上握手處為施力點，桿桿連接的織帶為著力點，且互為另一桿的第二施力點，兩桿同時施力時嵌入的按摩球就成了施壓點，達成按摩的功能。

發明緣由

鑑於目前的物理按摩器材各有其優缺點，多數為局部性的工具，使用時常有觸及不到的部位，兼之牽涉到經濟的負擔、場所的限定、使用的時機，及外出旅遊的間斷...等等，而不能達到每個人的需求，尤其是在使用的便捷與經濟方面。

本人所研發的按摩器基本上是思想、觀念的突破，運用物理力學的槓桿原理而設計的，其構造簡單、易於操作、價錢便宜，不需用電、效能奇佳，完全自我操作，即便再老的人皆能適時紓解身上的不適。

本按摩器之使用原則為慢壓、輕敲、緩揉、順勢遊走為設計的本意，請勿以快壓、重敲、猛揉、逆向遊走（人身氣血遊走原則上是以上向下的），否則不易收到效果，我不談穴道、經絡及治療，身上凡是有任何地方痠痛，其實那一點就是穴道，順勢上下就是經絡，使用後痠痛消除就是自我的緩解。

在長期、固定、重覆相同的工作而造成的疲勞，在沒有時間、自己碰觸不到，又沒人協助的情形下，使用本按摩器自我調理，一樣有立竿見影的成效，操作時，先頭、肩、上背、腰、再將按摩器組裝成按摩床，紓解背、腰部、效果更佳。

按壓上背及肩部時，操作的手法是一手按壓不適處，另一手必然要以較強的力量撐住，才可使按壓處有效果，但一般力氣較弱的女性，老人或病人較不易使力支撐，所以我設計了一套用腳（腿）施力的方法，使力氣較弱的人，一樣可以達到100%的效果。

這看似簡單的東西，若不實際使用，絕對無法發現，他是多貼心的好伴侶。其實已經花了十年的時間由繁入簡，不斷的修正，由重變輕。為的就是您使用的便捷。最後，希望您使用時稱心如意，身

體健康。

Jie Gao (in Chinese characters) looks like a strange name, difficult to pronounce. In fact, as early as 3700 years ago China has the term Jie Gao, it is used to help with irrigation, to get water from wells ?a simple labor-saving tool; it is what we now call a lever - our massager products apply the principles of leveraging, hence the company name.

Company Profile

Looking at the market of massage equipment, each with its advantages and disadvantages, coming up with an equipment that is simple, effective, easy to carry and suitable for individual application has been the goal of my development.

My wife is a Chinese medicine practitioner in Vancouver, Canada with 30 years of experience, my interest in Chinese medicine, natural medicine and folk medicine also spans over 30 years ?with two years of study in Fuzhou□ School of Chinese Medicine. My wife and I along with experts and scholars learn from each other and constantly try to revise, innovate, and apply mechanics and theories of leverage to achieve real function, so our ideals come true. We completed a simple massage structure with efficient strength that is also lightweight and convenient.

The main components that achieve the massage functions are two rods connected by a ribbon, each rod attached with a massage ball, the massage ball presses against the point of pressure/pain and then put pressure on the rods to achieve the purpose of massage. The rods have adjustment holes in both front and back, the positioning of the tape or the ball can be changed, so the distance between rods are flexible, and can reach most any point on the body. The handles on the rods are points to apply pressure, the ribbons connecting the rods are where the force lands, and are each others?other points of pressure; the massage ball that embeds on the body when both rods are applied pressure then works the pressure points and accomplishes a massage.

Reason for invention

Current physical massage equipments all have their own advantages and disadvantages - many are localized tools and often have hard to reach spots; partnered with economic burdens, location/time limitation, travelling and so on, needs of individuals are hard to meet, especially in areas of convenience and affordability.

The massager I developed is basically a breakthrough in philosophy and concept, designed using the levering theory of physics, its structure of simple, easy to use, affordable, non-electric, highly effective and completely self-operable, people at any age can relieve discomfort timely.

The principle of the use of this massager is slow pressure, light tapping, and gentle rubbing, it is designed to go along with the body□ circulation; do not press rapidly, knock heavily, knead furiously, and go against circulation (the human blood/chi circulation generally goes from top to bottom) otherwise it will be difficult to achieve desired result; I don□ talk about acupuncture points, meridians and treatments, body pains, wherever they are, are acupuncture points; homeopathy is just going up and down the meridians; eliminating

pain after use is self-relieve.

Long-term, unchanging, repeated work causes fatigue; even in busyness and assitantless scenarios, using our self-conditioning massager bring immediate results ?results are enhanced if used starting from the head , shoulder, upper back, waist, then assembled into massage bed to relieve the back and waist.

When massaging the upper back and shoulder, the method is for one hand to apply pressure on the sore spot, so the other hand inevitably needs to support with more strength, in order for the pressured spot to be affected; but generally women, the elderly or patients are less likely to have strength for support, so I designed a pressuring method by foot (leg) in which people who are weaker can also achieve 100% results.

If not actually used, this simple aparatus cannot be realized as the wonderful help that it is. After decades of study and continuous corrections, we went from complex to simple and lightened the weight for your convenience. It is our sincere wish that our product bring you happiness, and good health.