



WHAT IS GWA SHA?

Gwa sha is an Eastern healing technique. Gwa means scraping skin with a smooth, round-edged instrument in order to produce a redness of the skin. Sha means sand and refers to the rough texture of the underlying tissue. The common tool for gwa sha is made from buffalo horn, but practitioners may use tools made from a variety of materials, including jade, earthenware and even smooth metal.

Gwa sha is based on the idea that the pressure and stroking motion will dislodge waste products and draw them to the skin surface, where they may be eliminated from the body altogether. Practitioners believe that gwa sha removes energy stagnation and can promote normal circulation and metabolic processes.

Some people experience temporary discomfort during this technique. After gwa sha, the skin will appear red, which will fade in two to three days. Patients report relief from pain, stiffness and fever after gwa sha.

ABOUT US

The Medical Acupuncture Service is part of the Department of Anesthesiology, Critical Care and Pain Medicine at Boston Children's Hospital. Led by Yuan-Chi Lin, MD, MPH, and Cynthia Tung, MD, MPH, our doctors are fully licensed in Western medicine and also have thorough training in acupuncture as a specialty practice. The service provides care for children and young adults to help them manage a variety of acute and chronic pain as well as non-pain-related illnesses through acupuncture. We offer services through our inpatient facility at the Boston Children's Longwood Campus and our outpatient Medical Acupuncture Clinic at Boston Children's Waltham location. The majority of patients come weekly for 4 to 6 weeks.

For inpatient appointments:

Boston Children's Hospital
300 Longwood Avenue
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617-355-4158

For outpatient appointments:

Boston Children's at Waltham
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