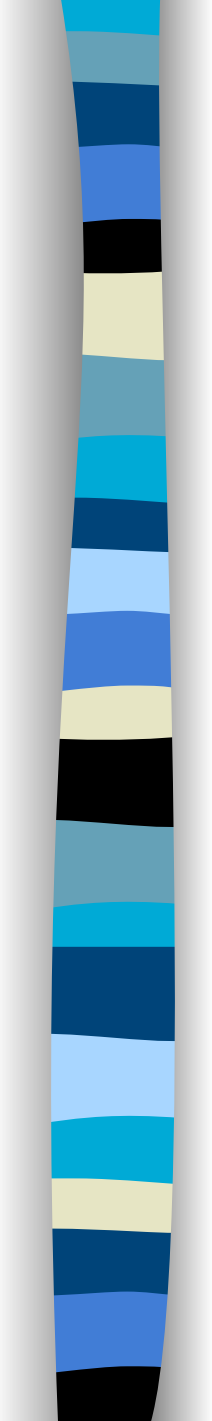




45a History of Massage:
Prehistoric through Modern Era

45a History of Massage: Prehistoric through Modern Era Class Outline



5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

Lecture:

15 minutes

Active study skills:

60 minutes

Total



45a History of Massage: Prehistoric through Modern Era

Class Reminders

Assignments:

- 45b Typed Cover Letter (due before class starts)
- 53a Internship Orientation Review Questions (due before class starts)
- 55a Review Questions (due before class starts)

Quizzes:

- 51b Kinesiology Quiz (brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

Preparation for upcoming classes:

- 46a Written Exam (3 hours)
- 46b Chair Massage: Technique Review and Practice (1.5 hours)



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



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Packet F-89

Introduction

History of massage – begins well before recorded history – even with animals.

Importance of touch in mammalian development.

Touch “automatically” used to relieve pain.



Origin of the word “massage”

- Origin of the word “massage” – perhaps from the Hebrew root *mem-shin-het* – *mashah* meaning “to anoint with oil” (cf. *mashiah* = Messiah, “The Anointed One”)
- Other sources - Hebrew word – *mashesh*, Greek *masso* and *massein* (touch, handle, squeeze), Latin *massa* (mass, dough), Arabic *mass’h* (touch feel, handle), later French *masser* (to press softly)



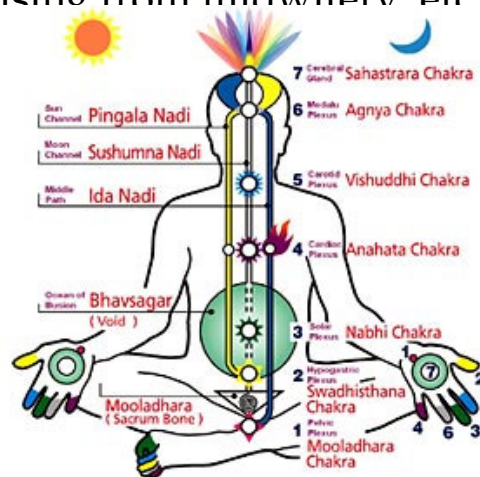
China

- Practice of massage documented first in China as early as 3,000 BC – 1,000's of years before mention of acupuncture.
- Early form – Amma
- Many mentions in Yellow Emperor's Classic – Nei Ching ca. 100 BC or earlier.
- Much later Amma evolved into shiatsu in Japan.



India and Other Cultures

- In India – massage practice was informed by early anatomical and energy concepts (nadis, chakras, kundalini).
- Other Asian and Polynesian cultures developed massage during these early years.
- We can only speculate re other cultures having similar traditions of bone-setting, head-molding arising from midwifery etc Slavs, Mayans, Incas, Native Americans, Polynesians,



Greece

- Greece – legendary physician – Asclepius – his holy snake and staff still in the caduceus.
- Hippocrates of Cos 460-375 BC: “First, do no harm.” – father of Western medicine. Recommended friction, setting joints by leverage, working with soft, gentle hands.



Rome

- In Rome: Asclepiades built a new theory of disease, based on the flow of atoms through pores in the body. His treatments restored harmony through massages, diet, exercise, and bathing.
- In many cultures, purification of the body was considered part of the context for worship.
- Galen of Pergamon (130-200AD) – unified knowledge of anatomy and medicine (authority then for many centuries).



Middle Ages

- Avicenna 980-1037 AD – helped keep classical medical knowledge alive in the Mideast while it declined in the West's Middle Ages.
- In Europe fundamentalist beliefs led to horrific executions of many people utilizing natural remedies.





Renaissance

- Renaissance and Enlightenment
- Vesalius (*De Humani Corporis Fabrica*, 1543) (also Michelangelo, Leonardo Da Vinci)
- Paracelsus (1493-1541)– pharmacology and philosophical writings on healing.
- Ambroise Pare 1510-1590 – military surgeon – early modern physicians included discussions therapeutic effects of massage.
- Early books on “gymnastics”, exercise, Sports medicine, massage – Timothy Bright (1551-1615), Simon Andre Tissot 1728-1797)

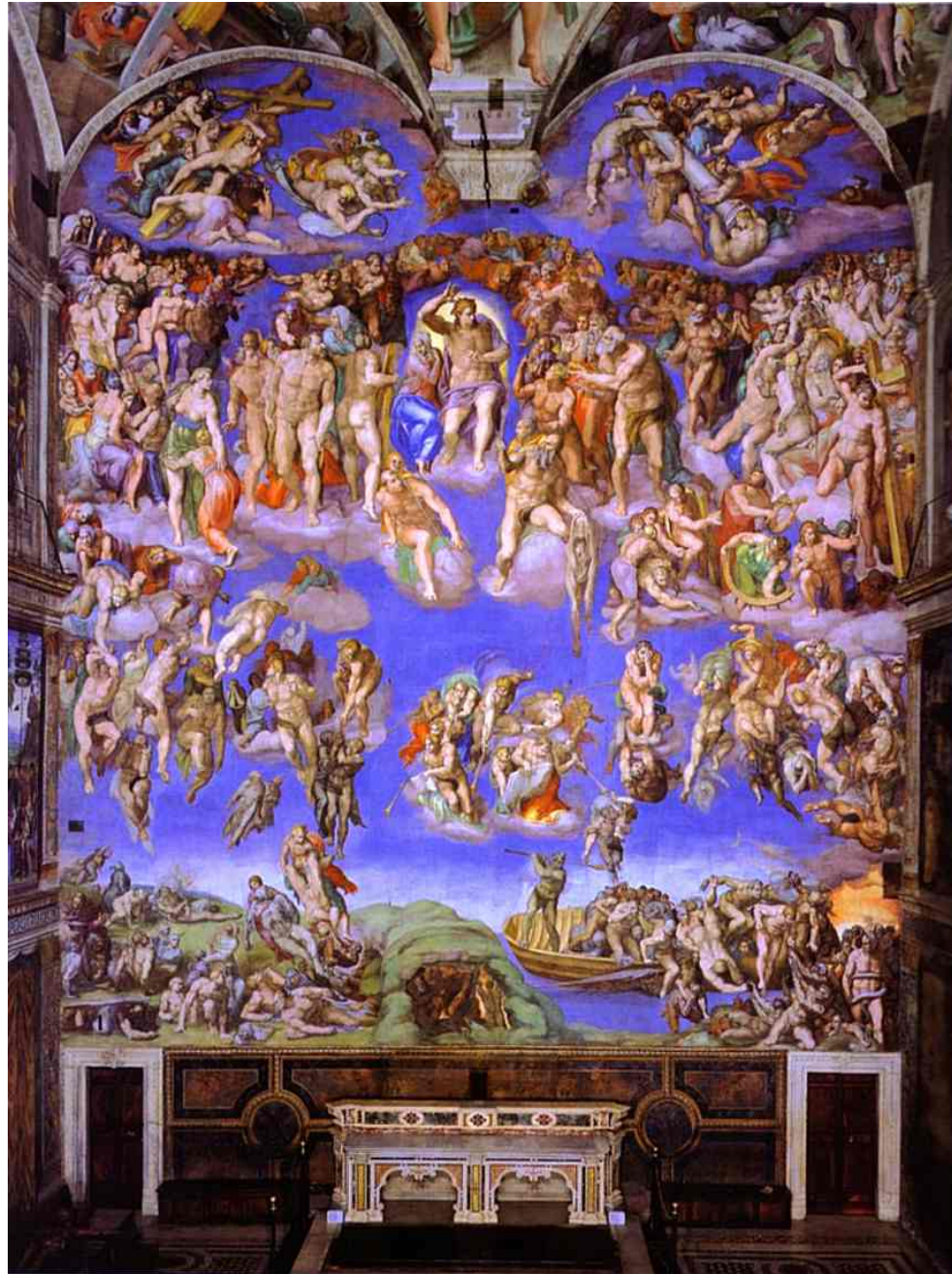


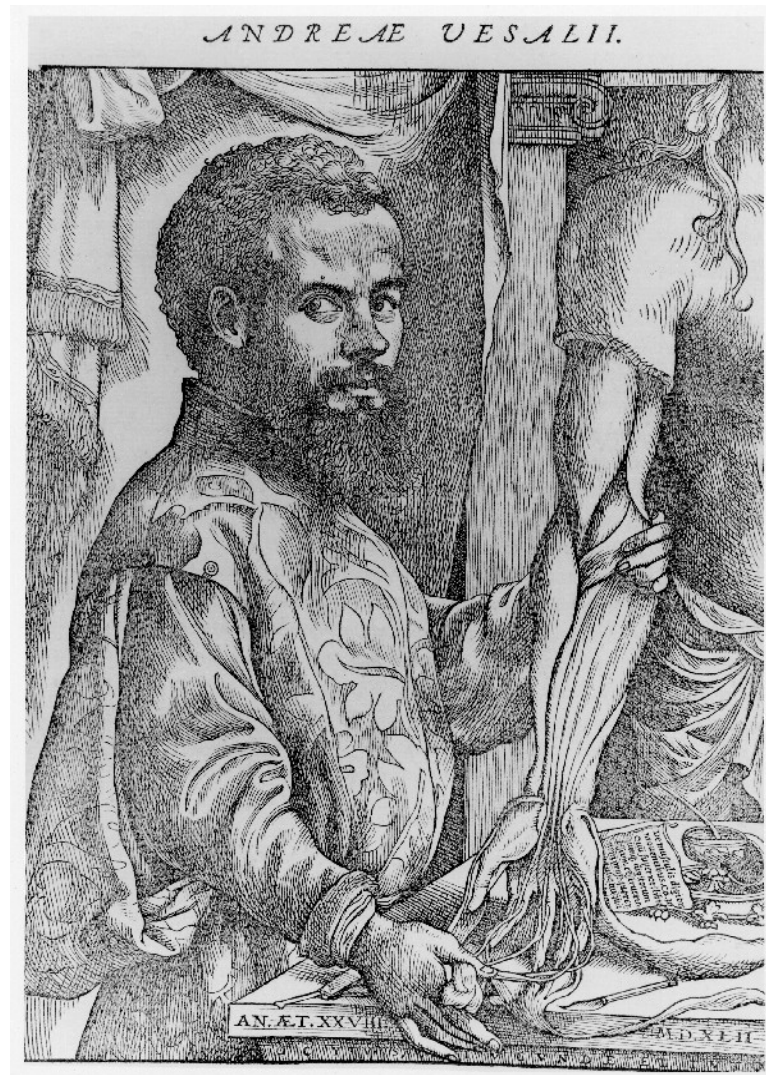
The Heroes of Over



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Filipe A. Costa





Vesalius



Paracelsus



The Modern Era

- Beginning with Pehr Henrik Ling – (1776-1839) – The Father of Swedish Massage
- Swedish physiologist/ gymnastics instructor – developed own system of “Ling System, Swedish Movement or Swedish Movement Cure – remedial gymnastics – active (performed by patient), passive (by therapist), duplicative (by patient w/ therapist’ assistance).
- Ling “democratized” exercise in Sweden – recommended it for everyone!
- Johann Mezger (1838-1909) – physician – contributed to making massage more acceptable to medical profession and gave the strokes the French names.
- “Massage” first appeared in American and European lit. around 1875.



Early 20th Century

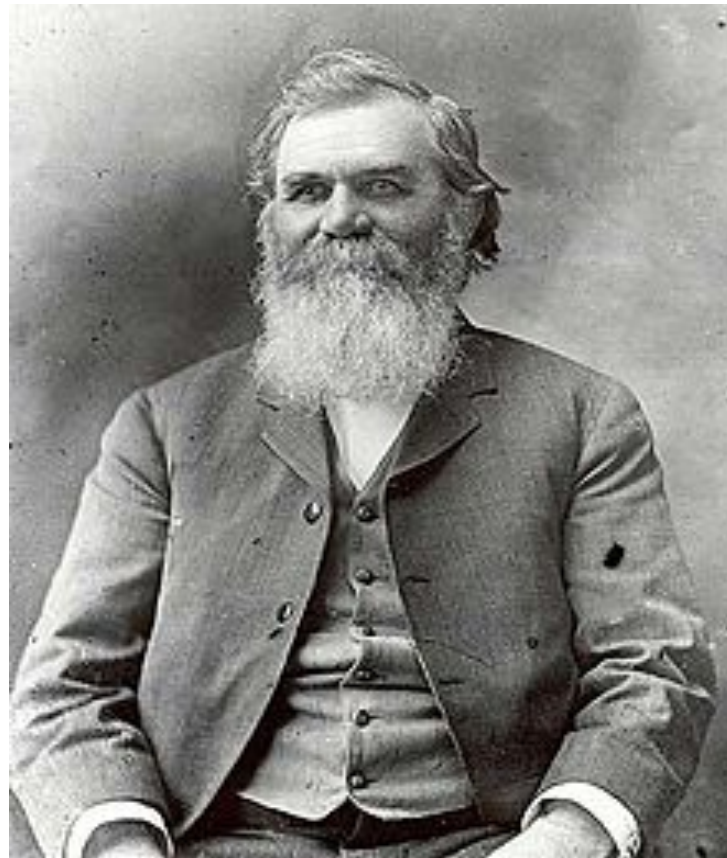
- Dr. Lucas-Championniere – WW I – advocated use of massage and passive-motion exercises after injuries.
- Increasing organization of massage and physical therapy professions. PT established as separate medical profession by 1947.
- Nurses were being taught massage as well, but that declined as biomedicine and technology came to dominate medicine.
- 1943 – American Association of Masseurs and Masseuses – later called the American Massage Therapy Association (AMTA) – now 58,000 members.
- 1987 - Associated Bodywork and Massage Professionals (ABMP) – 80,000+ members



Contributions from Manipulative Therapy

- Spinal manipulation, practiced along with massage, in many world cultures from ancient times on.
- In 1656, Friar Thomas, in his book *The Complete Bone Setter*, described manipulative techniques for the extremities
- Mr. Hutton, bonesetter – “The pulling is of little use! The twist is the thing.”
- Daniel David Palmer – 1845-1913 - magnetic healing; subluxation
- Scope of practice limited to spinal manipulation (and sometimes wider scope – “straights” vs. “mixers”)

Daniel David Palmer, founder of Chiropractic



Osteopathy

- Andrew Taylor Still – 1828-1917 – son of a physician & Methodist minister



- Importance of fascia; body contains all the healing substances it needs - Law of the Artery
- Scope of practice became identical to M.D. with more or less training also in manipulation.
- Cranial osteopathy and other osteopathic manipulative approaches came to be taught to massage therapists and other bodyworkers.



Orthopedic Contributions

- James Mennell - (1880–1957) John McMillan Mennell
- In 1917, Mennell published his text *Physical Treatment by Movement, Manipulation and Massage*.
- Edgar Ferdinand Cyriax (1874–1955)– British physician –
- Son James Cyriax (1904 -1985 Diagnosing through muscle/tendon/ligament testing ; cross-fiber/deep transverse friction - “toothpick” theory of cross-fiber friction

Trigger Point Therapy

- Trigger points – Janet Travell (1901- 1997) M.D./cardiologist - became interested in myofascial pain.



- Became first woman White House physician.
- 2-volume textbook, *Myofascial Pain and Dysfunction: The Trigger Point Manual*



Esalen Institute

- Commonly just called Esalen
- Residential community and retreat center in Big Sur, California
- Focus: humanistic alternative education
- Activities: personal growth, meditation, massage, Gestalt, yoga, psychology, ecology, spirituality, and organic food
- Founders: Michael Murphy and Dick Price



Body Mind Spirit Connection

- Psychological dimensions of massage
- Freud
- Wilhelm Reich
- Jung
- Hakomi
- Role of pleasure in health



Deep Tissue and Sports Massage

- Deep Tissue – loosely defined – may include deep Swedish, myofascial release, trigger points, CRAC stretches, cross-fiber, and active release techniques.
- Sports Massage – loosely defined. More anatomically specific work applied to athletes to enhance performance and recovery.
- It was likely originally military massage. Vigorous massage techniques applied to warriors and athletes.
- Became integrated into U.S. massage training beginning in early 1980's.



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