



## 69a History of Massage: Modalities



# 69a History of Massage: Modalities

## Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



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## Class Reminders

### **Special Reminder:**

- 71b Sports Massage: Technique Demo and Practice – Pre-Event and Post-Event
  - Please wear athletic clothing to this class.
  - You will be giving and receiving several 10-minute pre- and post-event massages in an athletic context

### **Preparation for upcoming classes:**

- 70a Exam
- 70b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
  - Packet C: 11-12.



# 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.*



## 69a History of Massage: Modalities F- 101

Reminder that History of Massage is no longer on the  
MBLEx

# Shiatsu

## Shiatsu

- Means “thumb pressure” in Japanese.
- Tokujiro Namikoshi (1905-2000) was an early practitioner and teacher of shiatsu.
- Uses generally the same anatomical/energy model as Chinese Medicine – meridians.



# Thai Massage

## Thai Massage

- Far older than shiatsu, Thai Massage can be linked back to early Buddhist yoga.
- Uses similar ideas as meridians, but somewhat different language and somewhat different “routes” and directions for the energy flow in the body.



# Energy-based Therapies

## Reiki

- Japanese in origin.
- Uses a model that one is channeling “Reiki energy”.
- Can be done hands-on or hand-off.





# Energy-based Therapies

## Therapeutic Touch

- Hands-off, non-contact therapy.
- Developed by Dolores Krieger and Dora Kunz in the 1970's
- Dolores Krieger was Professor Emerita of Nursing Science at New York University
- Dora Kunz was a promoter of Theosophy and one-time president (1975-1987) of the theosophical Society in America.



*Dora Kunz*



*Dolores Krieger*

### NOTE:

- The goal of theosophy is to explore the origin of divinity, humanity and the world.

# Clinical Approaches within Massage Therapy

## Ben Benjamin

- Founder of the Muscular Therapy Institute in Cambridge, MA.
- Author of Listen to your Pain and other books.
- Disciple of James Cyriax, the orthopedic surgeon who systematized the assessment of injuries and use of cross-fiber friction to help recovery be more thorough, speedier, and longer-lasting.



# Neuromuscular Therapy

## Neuromuscular Therapy

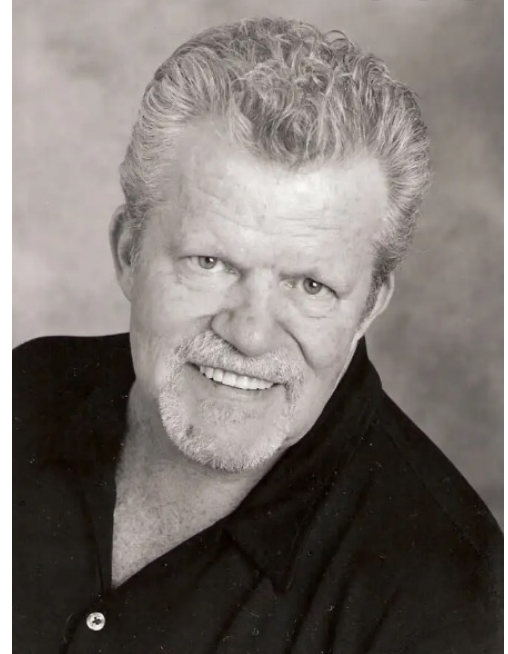
- Judith Walker Delaney and Paul St. John are key to the development of NM therapy.
- They developed trigger point work with a more elaborated theory for how the nervous system is involved.
- This work drew on the work of Dr. Janet Travell and Dr. Nimmo (chiropractor).



# Sports and Orthopedic Massage

## Bob King

- 1948-2013.
- Boxer and Founder of Chicago School of Massage Therapy.
- Also an early and important president of AMTA (American Massage Therapy Association).
- Great teacher and promoter of Sports Massage.



# Sports and Orthopedic Massage

## **Benny Vaughn**

- Former athlete.
- Certified Athletic Trainer and Strength and Conditioning Specialist.
- World-renowned expert in training and massage for athletes.



# Sports and Orthopedic Massage

## Whitney Lowe

- Founder of OMERI (Orthopedic Massage Education & Research Institute).
- Author of Orthopedic Massage and Orthopedic Assessment in Massage Therapy.



# Craniosacral Therapy

## William Sutherland

- 1873-1954.
- Developer of cranial osteopathy.
- Promoted healthy movement/alignment of cranial bones, meninges, and cerebrospinal fluid.
- Dr. John Upledger (1932-2012) simplified Sutherland's cranial osteopathy and began marketing and teaching it in the 1970's

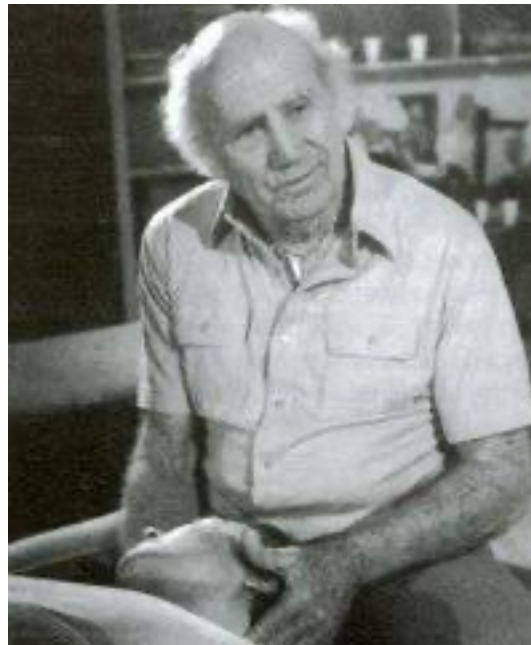




# Movement Therapies

## Milton Trager

- 1908-1997.
- Trager method uses non-intrusive movements to promote better health, movement, and ease in body and mind.





# Movement Therapies

## Aston Patterning

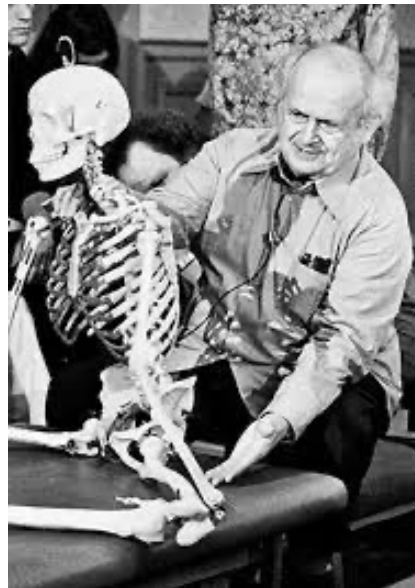
- Developed by Judith Aston in 1977.
- An educational process that combines coaching, movement coaching, bodywork, ergonomics, and fitness training.



# Movement Therapies

## Moshe Feldenkrais

- 1904-1984.
- Doctorates in mechanical and electrical engineering
- One of the first Western Black Belts in judo
- Feldenkrais method uses slow, focused active or passive movements to undo dysfunctional neurokinesthetic habits and replace them with more efficient ones.



# Structural Integration

## Ida Rolf

- 1896-1979.
- Developed “Structural Integration”, aka “Rolfing”.
- Considered the “Einstein” of 20<sup>th</sup> century bodywork.
- Rolfing uses 10 sessions for restructuring the body by systematically repositioning the fascia. Rolfing utilizes fascia’s thixotrophy and the tensegrity model for soft structural members’ tension positioning the hard members of the structural system.
- Famous sayings - “Fascia is the organ of structure” and “Gravity is the therapist”.



# Structural Integration

## Tom Myers

- Rolfer who developed a system for analyzing anatomy of fascia called Anatomy Trains.
- His version of Rolfing is called Kinesis.





# Structural Integration

## Daniel Blake

- Rolfer who taught Rolfing the way Ida worked, not by the 10 session plan.
- His version is called Structural Bodywork or Postural Kinesiology.

# Structural Integration

## Zero Balancing

- Developed by Dr. Fritz Smith, who is a Rolfer, Osteopath/MD, 5-element acupuncturist, and author of two books:
  - Inner Bridges
  - Alchemy of Touch
- ZB promotes deep health through focus on the skeletal system's structure and the energy flowing through it.





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