



## 66b Survey of Massage Modalities



# 66b Survey of Massage Modalities

5 minutes- Attendance, Breath of Arrival, and Reminders

*Varies –*

20 minutes- Introduction

30 minutes- Lecture

15 minutes- Break

60 minutes- Lecture

15 minutes- Break

60 minutes- Lecture

5 Minutes of flex time

3.5 hours Total

# 66b Survey of Massage Modalities

## Class Reminders

### ABMP Exam Coach

- “Access your ABMP account” using instructions on page A-74
- Familiarize yourself with ABMP Exam Coach, especially the “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

### Assignments:

### Quizzes and Exams:

- 68a Kinesiology Quiz – **all muscles learned so far!**
- 70a exam – see syllabus for material covered.

### Preparation for upcoming classes:

- 67a Pathology: Urinary System  
Packet E: 171-172; RQ – Packet A-206
- 67b Kinesiology: AOIs – Muscle Review
- 68b Integration Massage: Role Play Scenarios



# 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:**

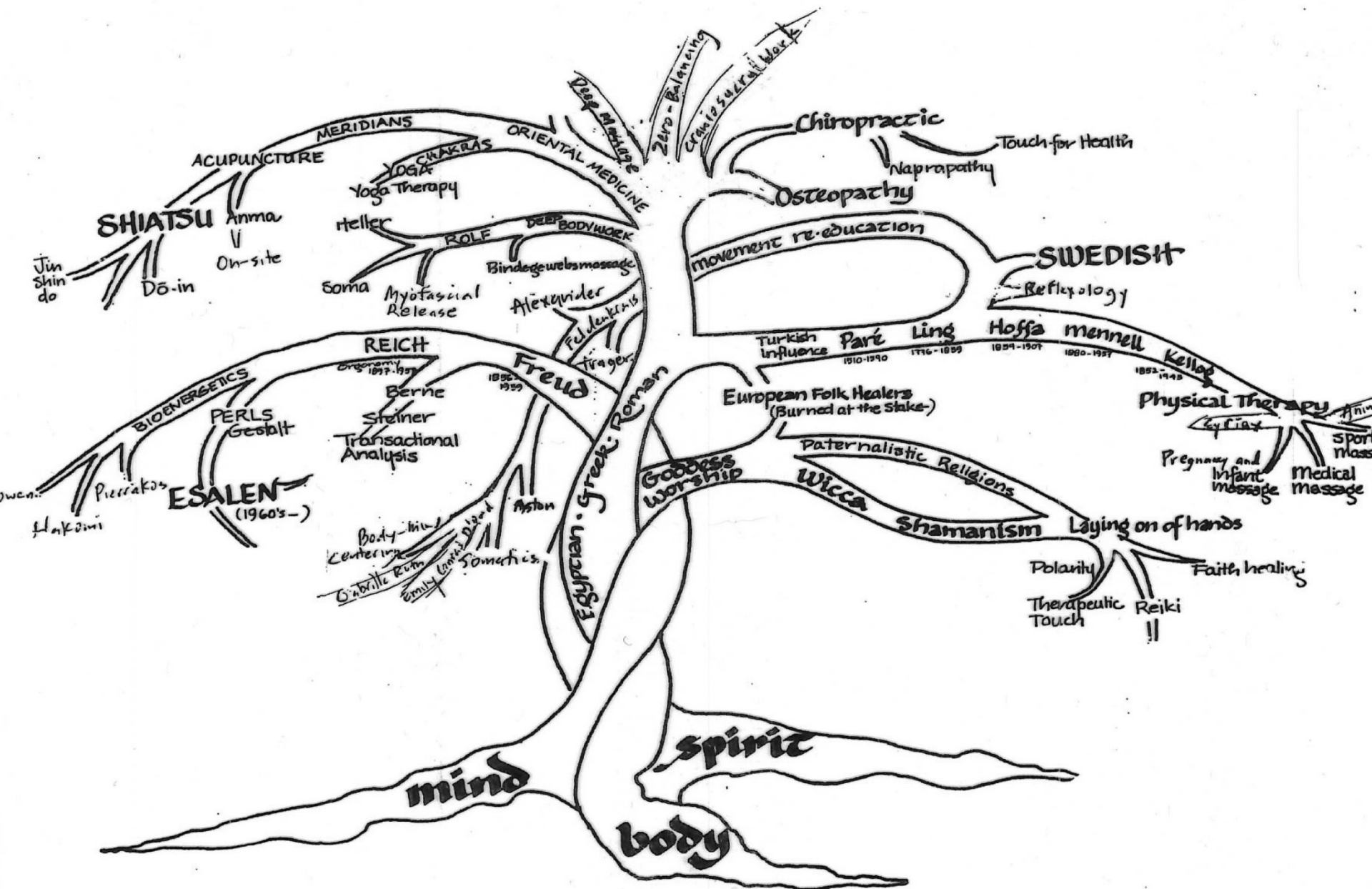
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



## 66b Survey of Message Modalities F-105

Reminder that History of Message  
is no longer on the MBLEx





## Spirit Branch

- Goddess Worship – polytheistic religions
- Wicca - 1954, England, Gerald Gardener, modern pagan religion
- Shamanism – spiritual practices involving altered states of consciousness to channel energies from the spirit world into this world.
- Laying on of hands – vital energy (ki, chi, prana, or animal magnetism)



## Spirit Branch

- Polarity Therapy – positive and negative charges influence the electromagnetic field of receivers.
- Therapeutic Touch – 1970's, Dora Kunz and Dolores Krieger. Trained to be detected and manipulate the receiver's energy field.
- Reiki – meaning mysterious atmosphere or supernatural force. 1922, Japan, Mikao Usui, transferring ki or universal energy.
- Faith Healing – faith, prayer, and rituals stimulate a divine presence





## Mind Branch

- Sigmund Freud – 1902, father of psychoanalysis, free association, transference.
- Wilhelm Reich – 1933, second generation psychoanalyst, muscular armour.
- Orgonomy – 1939, study of orgone energy (life force or cosmic energy).
- Fritz Perls – 1940's, psychiatrist
- Gestalt Therapy – enhanced awareness of sensation, perception, bodily feelings, emotion, and behavior, in the present moment.



## Mind Branch

- Esalen Institute – residential community, Big Sur, California. Humanistic alternative education such as personal growth, meditation, massage, Gestalt therapy yoga, psychology, ecology, spirituality and organic food
- Bioenergetics – field of biochemistry, energy flow through living systems.
- Alexander Lowen – Bio Energetic Therapy founder, student of Reich.
- John Pierrakos – Psychiatrist, student of Reich.
- Hakomi – 1970's, Ron Kurtz, body-centered somatic psychotherapy.



## Body Branch

### European folk healers

- Per Henrik Ling – instructor of modern languages and fencing. Physical exercises restored his health. Developed a system gymnastics, exercises and maneuvers resulting in the Royal Gymnastic Central Institute in Stockholm, Sweden.
- Swedish – developed by Ling from Anma. Further promoted by Mezger. Called Swedish in English and Dutch speaking countries. Otherwise referred to as classic massage.
- Reflexology – aka: Zone Therapy. Applying pressure to the feet, hands, or ears. A system of zones reflect an image of the body on the feet and hands.



# Body Branch

## **Movement Re-education**

- Feldenkrais Method – Moshe Feldenkrais. Experimental method of educating a person's movement by kinesthetic and proprioceptive self-awareness.
- Trager Approach – Milton Trager. Movement education and mind/body integration. Releases deep-seated physical and mental patterns.
- Alexander Technique – Frederick Matthias Alexander. Known for alleviating breathing problems and hoarseness during speaking.
- Aston Patterning – Judith Aston. Bodywork and movement coaching.



## Body Branch

### Physical Therapy and Pain Management

- Physical Therapy – remediation of impairments or disabilities. Promotion of mobility, functional ability, quality of life and movement potential.
- James Cyriax – 1929, father of Orthopedic Medicine
- Sports Massage – based in athlete improved recovery and performance



## Body Branch

### Orthopedic

- Medical Massage – specific treatment targeting a specific problem, usually in the context of a hospital under the care of a physician.
- Animal Massage – Equine (horses), canine (dogs), etc.
- Perinatal Massage – pregnancy and infant massage



## Body Branch

### **Chiropractic and Health**

- Chiropractic – 1895, D.D. Palmer, father of chiropractic. Joint adjustments.
- Touch for Health – combo of kinesiology, acupressure, touch and massage
- Naprapathy – derivative of osteopathy and chiropractic.



## Body Branch

### Osteopathy

- Osteopathy – founder by Andrew Taylor Still. Emphasizes relationships between structure and function. Facilitate the healing process by manual therapy.
- Craniosacral – regulating the flow of cerebrospinal fluid using therapeutic touch to manipulate synarthrotic joint of the cranium.
- William Sutherland – 1930's, father of cranial osteopathy.
- John Upledger – 1975, modern developer of craniosacral therapy





## Body Branch

### **Energetic and Structural**

- Zero Balancing – 1970's, Fritz Smith, developed from applied osteopathy and traditional Chinese medicine. Uses finger pressure or traction to tense tissue.
- Deep Massage – David Lauterstein, Structural Integration, Craniosacral, Zero Balancing.



## Body Branch

### Deep Bodywork

- Bindegewebmassage – connective tissue massage
- Rolfing – 1971, Ida P. Rolf, fascia and gravity
- Hellerwork – or structural integration, spin off of Rolfing
- Myofascial Release – addresses myofascial restrictive barriers with direct or indirect methods
- Janet Travell – first used the term myofascial, 1940's



## Body Branch

### Eastern Medicine

- Eastern Medicine – acupuncture, Chinese herbal medicine, Tuina, Qigong, etc. 5,000 year-old tradition. Ying-Yang, Five Phases. Energy meridians.
- Acupuncture – penetration of skin with needles to stimulate certain points. Correction of imbalances in the flow of qi.
- Chinese Herbal Medicine – herbal, animal, human, and mineral substances used medicinally.



## Body Branch

### Eastern Medicine

- Tui na – hands-on body treatment to bring balance.
- Anma – derived from Tui na. Japanese traditional massage.
- Qigong – aligning breath, movement, and awareness for exercise, healing, and meditation.



## Body Branch

### Eastern Medicine

- Chakras – centers of life force or vital energy, Hindu metaphysical tradition.
- Yoga – physical, mental, and spiritual practices that originated in ancient India.
- Shiatsu – 1940, Tokujiro Namikoshi. Japanese bodywork using finger and palm pressure, stretches, and other massage techniques.

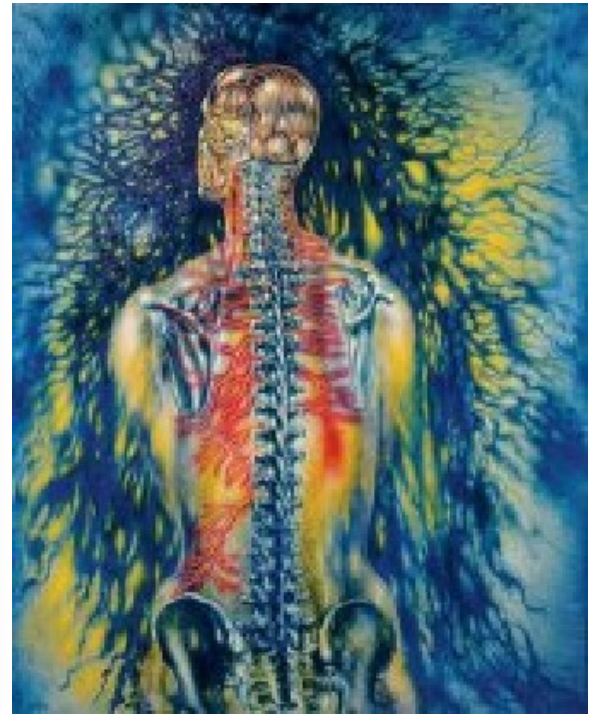


## Body Branch

### Eastern Medicine

- Jin shin do – derived from Jin Shin Jyutsu. Combines Japanese acupressure, Chinese acupuncture, orgone of Wilhelm Reich, Qigong, Ericksonian psychotherapy principles, and Taoist philosophy.
- Do-in – Combination of meridian stretching exercises, chi exercises, and self-massage.

# Lauterstein Conway Continuing Education





## Modality Videos

- History of Massage in the U.S.
- Achilles Friction
- Active Isolated Stretching
- An Introduction to Cranio-Sacral Therapy
- Chiropractic Adjustment
- Infant Massage Techniques
- Leon Chaitow – Muscle Energy Techniques
- Massage Therapy – Trigger Point
- Feldenkrais
- The Fuzz Speech – Gil Hedley
- Trauma / Somatic Experiencing
- Whitney Lowe's Orthopedic Massage
- Esalen Massage
- Manual Lymph Drainage
- Zero Balancing: the Energy Effect

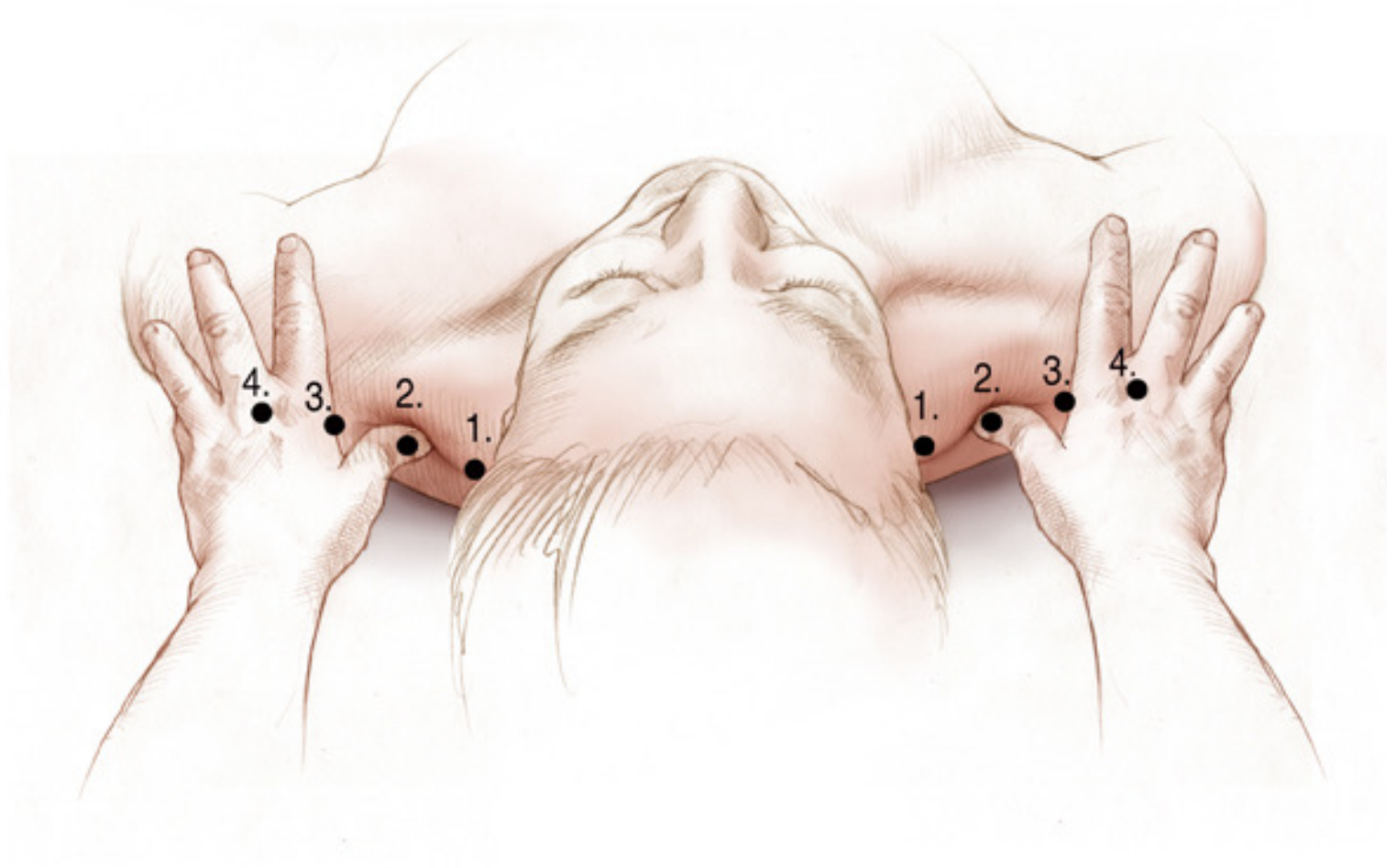




## Intro to Zero Balancing

- Fulcrum – agency through, around or by means of which vital powers are exercised. A touch experience that, when sustained, gives the client the opportunity to relax and to let go from inside out.
- Ultimately all holistic therapies engage energy (nervous system) as well as structure (nervous system and anatomy / aka mind and body)

# Trapezius

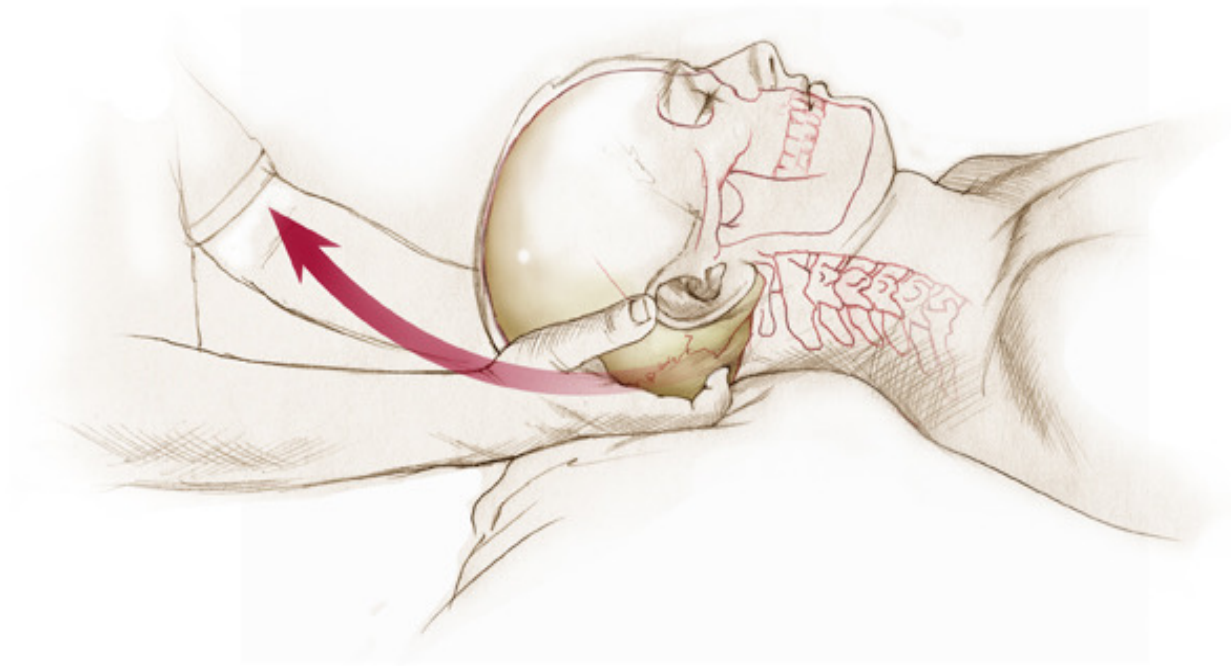




# Trapezius

- Take out looseness bilaterally, just lateral to neck in belly of trapezius, find tension (if it's there) and press onto it
- Take up the slack, press into the tension
- Add additional vectors, relaxing your breath and letting your body rest in – take out additional looseness as they let go
- Hold it, hold it, hold it
- Monitor for working signs
- Clearly disengage
- Repeat these fulcrums bilaterally about 3 more times, each time about a ½ to 1 inch more lateral

## Half Moon Vector through the Neck

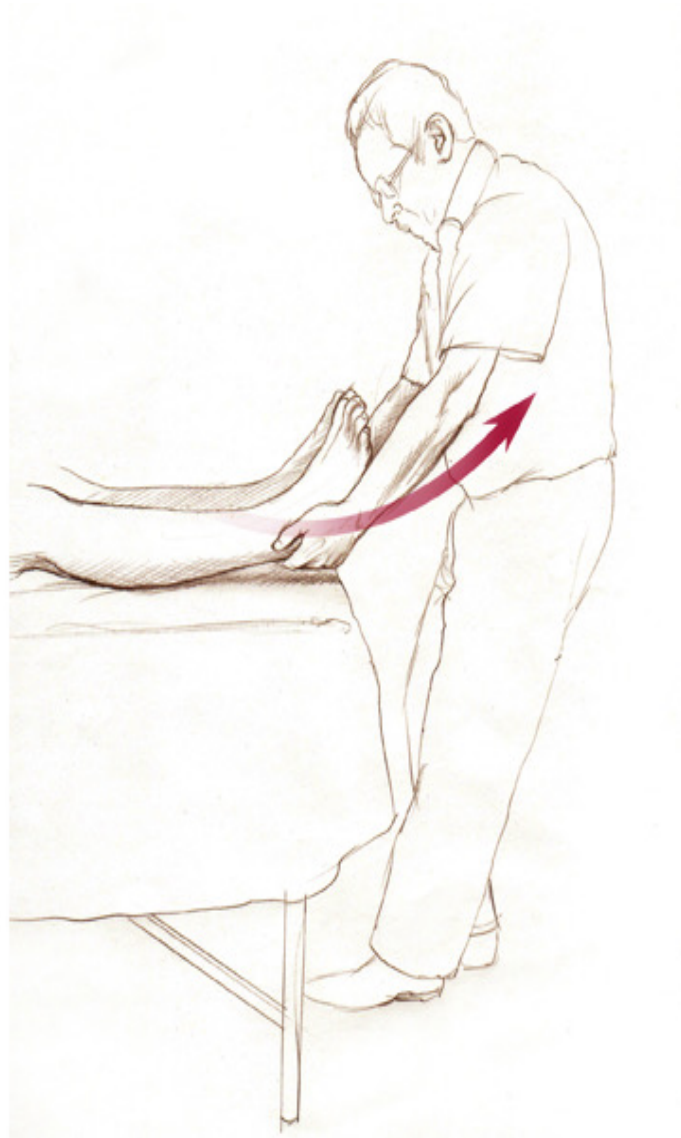




## Half Moon Vector through the Neck

- Center yourself as you begin, seated at the head of the table. Place your hands under the client's head. With your fingertips, find the undersurface of the occipital bone. Interface with only the occiput and avoid C1 and C2
- Let the back of the head rest in your palms and fingers. Gently take out the looseness in the neck
- Put in the Half-Moon Vector by bringing your fingers more toward yourself, which adds additional gentle traction and a slight flexion of the head and neck (chin should incline very slightly toward the chest.)
- Hold it, hold it, hold it. Allow the client to relax their mind, body, and spirit
- When you sense it's time to let go or when you see a working sign, set the head and neck down in length. It's important for the client to be left with an open, lengthened feeling
- Allow the client some moments to savor the experience, then move on. This is a fulcrum you can repeat a few times during upper body work.

## Half Moon Vector through the Legs





## Half Moon Vector through the Legs

- Center yourself and your client (gently see if you can get the legs not to be too “turned out”)
- Contact the calcanei and calcaneal tendons with your hands – take out the looseness between your hands and the calcanei and Achilles tendons.
- Take up the slack from the whole body and the Achilles tendons.
- Add additional vectors (the “half moon”) by adding slight additional length while simultaneously going down, then back up (so it’s a clear and simple curved pull). *You can also lift the legs up a little if it feels better for the client or for your back.*
- Hold it, Hold it, Hold it.
- Monitor for working signs (but don’t wait for one!)
- Clearly disengage, setting the legs down in length.



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