45a History of Massage: Prehistoric through Modern Era

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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

Assignments:

- 45b Cover Letter and Resume assignment – due before class starts via email or hard copy to your instructor. If LMS is active, assignment must be turned in via LMS.
- 53a Internship Review Questions - due before class starts
- 55a Review Questions – due before class starts

Quizzes and Exams:

- 46a Exam – See your syllabus for the packet material to be studied for this exam
- 51b Kinesiology Quiz
  (brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

Practical Work:

- 56a and 56b – Internship Orientation and Mock Internship – ***dress like an Intern***

Preparation for upcoming classes:

- 45b Business: Self-Employment and Marketing
- 46b Chair Massage: Technique Review and Practice
- 47b, 48b, 49b Pregnancy Message: **These classes cannot be made up in the make-up room.** To schedule a sit-in, please contact the Student Administrator.

Do you know what you must do to be ready to go into clinic after class 56?

Are you making up your absences?

Are you taking makeup tests and turning in missed assignments so you are passing in all subjects?

Not sure? – Check your student portal or email Tila about to verify your status!

tilat@tlcschool.com

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

Reminder that the History of Massage is not longer included on the MBLEx.

Introduction

Massage Therapy is the manipulation of soft tissue using compression and decompression/traction for clinical, therapeutic, and palliative purposes or for wellness and self-care purposes.

The history of massage is long and multifaceted. Over the centuries, massage has been referred to in history and literature as well as by physicians and philosophers.

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)

Prehistoric times

Prehistoric refers to the period between the appearance of humans and the invention of writing systems.

Historians and archeologists have uncovered artifacts depicting the use of massage during that time. For example, European cave paintings (c.15,000 BCE) portray what appears to be the use of massage after battle.

Massage-like grooming behaviors are also observed in animals such as primates, which may play a role in social structures.

Ancient World

The ancient world is the period from the invention of writing systems to the end of the Roman Empire in 476 CE.

The use of massage during this period is well recorded, and there are extensive written and pictorial records.

Countries where evidence exists on the use of massage includes China, India, Egypt, Persia (Iran), Japan, Greece, Italy (Rome), and the Americas.

Most ancient cultures described massage combined with other traditional treatments, particularly herbal remedies and various types of baths.

China

Written records regarding the practice of massage go back to 3,000 BCE in China. At the time of Hwang Ti, various ideas and beliefs were compiled under the name of the Yellow Emperor (died in 2599 BCE), which later became the classic scripture of traditional Chinese medicine know as the *Nei Chang*.

Written around 2760 BCE, this work contains detailed descriptions of massage procedures as well as herbal medicines.



China

During the Tang dynasty, four primary types of medical practitioners were recognized: physicians, acupuncturists, masseurs, and exorcists.

The term used to describe massage was *amma, amna, or anmo.* In fact, amma is now regarded as the original massage technique and precursor to all other Chinese therapies, manual and energetic.

Amma later became tuina (twee-nah). It translates in English to "push/pick up". This correlates with compression/decompression, which is our current definition of massage.

Acupuncture wasn't mentioned in Chinese medical writing until 90 BCE.

India

Knowledge of amma massage traveled to the subcontinent of India from China, and massage became a part of Hindu tradition.

Massage is described in India's first great medical texts, the Ayurveda books of wisdom (approximately 1800 BCE), which recommend massage as an indispensable healing procedure.

Later Ayurvedic texts, such as the Samhitas (mantras, prayers, litanies, and hymns to God) and the Manav Dharma Shastra (one of many legal texts), also mention massage.



Egypt

Massage traveled from China to Egypt and Japan by the sixth century BCE, and these ancient cultures used massage in conjunction with plant essences such as essential oils.

The temple of ancient Egyptian pharaoh Nyuserre Ini depicts the king enjoying what appears to be a foot massage. The tomb of Ankhmahor is a drawing that depicts two people massaging the hands and feet of two other people.

There is much debate whether this is massage or another procedure such as manicures, pedicures, or surgery. The ancient Egyptians were the first to study essential oils and codify their effects.



Japan

In Japan, amma was practiced for many years and evolved into shiatsu, which means finger pressure. Shiatsu is a Japanese method based on the same traditional Chinese medicine concepts as Chinese acupuncture - energy flows in the body through streams called channels or meridians.

Pain, discomfort, and illness may occur when these channels are blocked or depleted. Acupuncturists use needles at specific points to balance the flow of energy, whereas shiatsu practitioners use their fingers, thumbs, forearms, elbows, and even their knees to press into points called *tsubos*. Tsubos are openings into the channels.



Greece

The ancient Greeks used massage widely to maintain health and promote beauty. Various ideas of healing treatments in Greece merged into a *techne iatriche*, or healing science.

Among the followers of this new science was Hippocrates of Cos (460 to 375 BCE). He is believed to have been a fine physician, founder of a medical school, author of numerous books, and advocated for the use of massage or “rubbing.”

Hippocrates is generally recognized as the father of Western medicine, and he believed physicians should avoid causing harm to patients. "First - do no harm.”

The Hippocratic Oath is perhaps the most widely known of Greek medical texts.

Greece

A later follower of Hippocratic medicine was Galen of Pergamon (130 to 201). Galen was the most famous physician in the Roman Empire and wrote extensively on the topic of massage.

He combined the Greek knowledge of anatomy and medicine and included exercise, baths, and massage. Galen's influence on all aspects of medical thinking cannot be overstated, and it is probably because of him, massage survived long after the fall of Rome.



Middle Ages

The Middle Ages began after the collapse of the Roman Empire in CE 476 and ended in the 15th century with the fall of Constantinople in 1453.

The use of massage continued but fell into decline in Europe and Asia during the early part of the Middle Ages. The era was "the Dark Ages," when many aspects of ancient culture and practice abandoned.

One of the greatest Persian physicians of this era, Avicenna (also know as Ibn Sina, 980 to 1037), excelled in the assessment of conditions and comparison of signs and symptoms. He also advocated for the use of analgesics, which included massage.

He wrote the *Canon of Medicine* and it became the standard medical text at many medieval universities and remained in use until 1650.

Middle Ages

Much of the ancient culture and traditions, including massage, were abandoned during the Middle Ages (or Dark Ages), with the exception of a physicians, like Avicenna.

Massage did remain an important procedure for folk healers and midwives, but no compilations of techniques or procedures were untaken during this time period.

However, the revival of the Galenic tradition centuries later played an important part in the rise of scientific thought during the Renaissance.





European Renaissance

The European Renaissance began in the 14th century and ended in the 16th century. The word *renaissance* means rebirth, and it was an exciting period in history of medicine and medical treatments.

Classical Greek learning resurfaced and Western medicine was revitalized by new translations of old Greek and Latin texts. Ambroise Pare (1515 to 1590), the famous French surgeon, was among the earliest individuals in this era to discuss the effects of massage, and he used friction to treat dislocated joints and other orthopedic conditions.

In England, William Harvey (1578 to 1657) discovered the circulation of blood in 1628, and his writings did much to promote the acceptance of massage as a treatment measure.

Modern Era

The modern era began in the 17th century and is the current era: it is also referred to as the *Information Age.* During this time, a wide variety of physicians and authors advocated for the use of massage and some developed their own systems.

The most famous and enduring influence on massage is the contribution made by Swede Pehr Henrik Ling (1776 to 1839). Ling accepted a post as gymnastics and fencing master at a university.

He developed his own system of massage and exercises or gymnastics, the latter of which consisted of four types: educational, military, medical, and esthetic. This system was called the *Swedish Remedial Massage and Exercise,* the *Swedish Movement Cure,* or simply the *Ling System.*

Modern Era

Ling quickly gained international recognition, and modifications of his basic concepts have been used throughout the globe. The tern *Swedish massage* was used to describe the massage component of Ling's system. For this reason, Ling is regarded as the father of Swedish massage.

Dutch physician Johann Mezger (1839 to 1909) also developed his own style of massage and made massage a fundamental component of physical rehabilitation. French was the international language in the 19th century, and Mezger is credited with introducing the terminology to describe massage techniques (effleurage, petrissage, tapotement), which is still used in massage legislation, medical insurance billing codes, and massage curricula.

Modern Era

Florence Nightingale (1829 to 1910) of England, founder of modern nursing, took care of wounded soldiers during the Crimean War. She developed a standard of care for patients, and massage was an integral part of care.

When nurse training was developed, massage was provided to patients as part of their comfort measures. The use of massage declined as analgesics became more popular, and massage was removed from the nursing curriculum in the 1970s.

World War I provided countless opportunities for the use of massage and exercise to rehabilitate injured soldiers. French physician Just Lucas-Championniere (1843 to 1913) advocated for the use of massage and passive movements to treat soft tissue injuries and fractures.

Modern Era

British physicians James B. Mennell (1880 to 1957) and Sir William Bennet (1852 to 1931) were impressed with Lucas-Championniere's work and began using massage at the St. Thomas Hospital and St. George's Hospital, respectively; both hospitals are in London.

In the United States Drs. George Henry Taylor (1829 to 1899) and Charles Fayette Taylor (1827 to 1899) sailed to Sweden to study the Ling system and returned to the US to open the Remedial Hygienic Institute of New York City in 1856.

The institute was an orthopedic clinic specializing in Ling's system of massage and exercise. "Water cures" (hydrotherapy) and nutrition were incorporated into their treatment regimen.

Modern Era

American physician Douglas Graham (1848 to 1928) authored several texts on massage, one of which focused on massage for specific conditions. He defined massage more comprehensively by stating the *what*, *where*, and *why*.

He described massage as "a term now generally accepted by European and American physicians to signify a group of procedures usually done with the hands, such as friction, kneading, manipulations, rolling, and percussion to the external tissues of the body in a variety of ways, either with a curative, palliative, or hygienic object."

Norwegian gymnast Hartvig Nissen (1857 to 1924) opened the Swedish Health Institute of Washington, DC, in 1883. This is considered the first massage school in the United States. Together, Graham's and Nissen's works are generally credited with promoting the use of massage within the US medical profession.

Modern Era

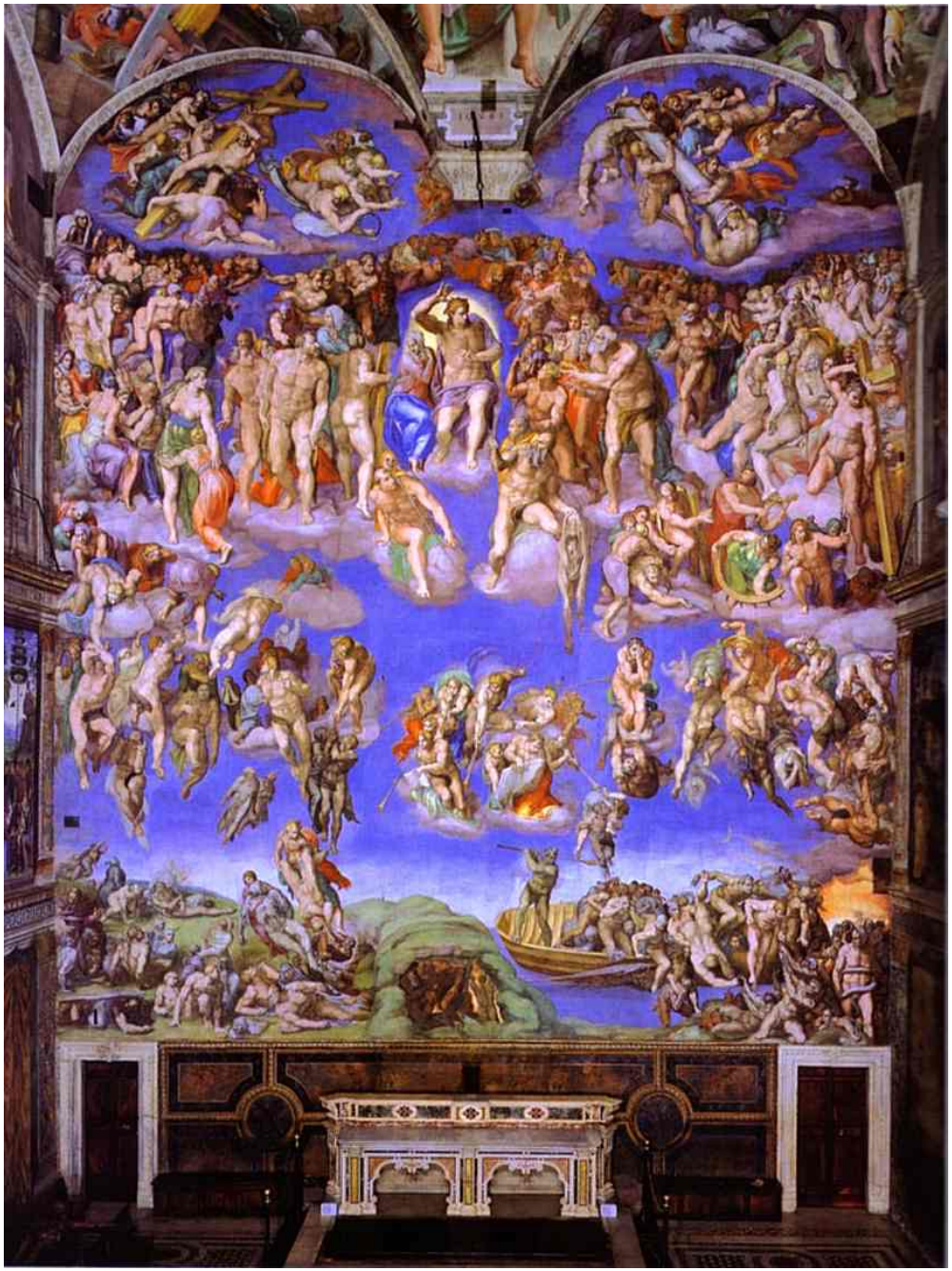
While the Taylor brothers, Graham, and Nissen, were advocating for massage within the medical community, Dr. John Harvey Kellogg (1852 to 1943) of Battle Creek Michigan, promoted massage to the general public.

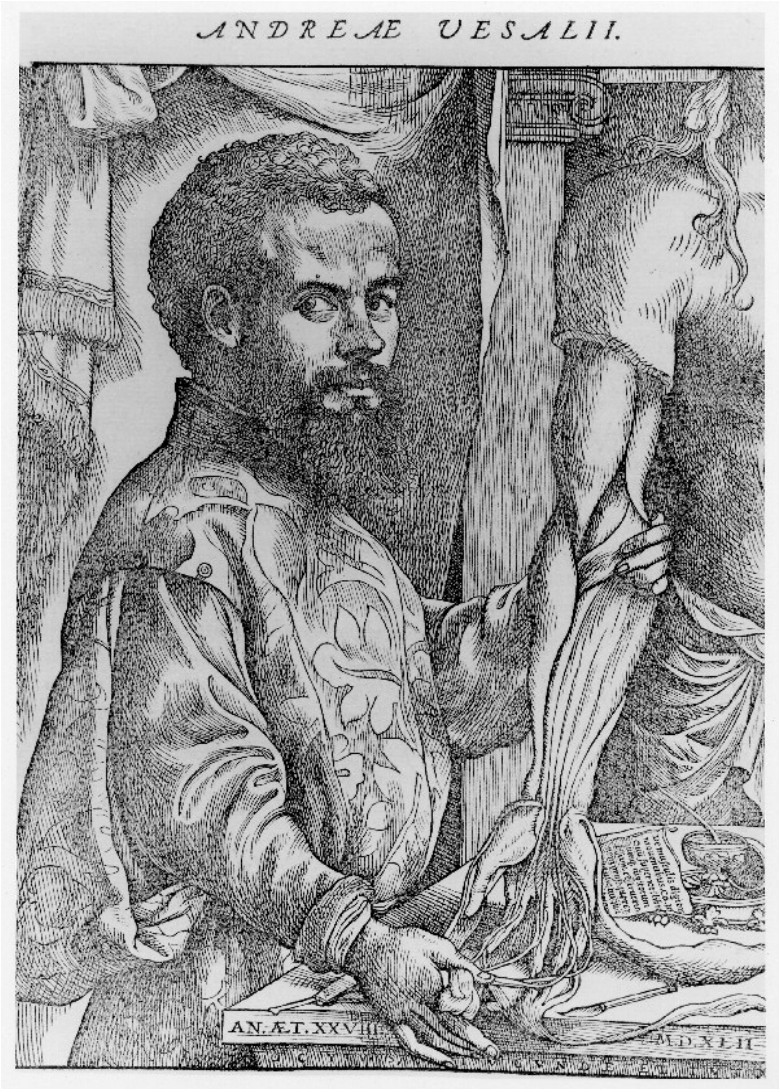
He was the director of the Battle Creek Sanitarium, where massage, hydrotherapy, vegetarian diets, enemas (for functional intestinal flora), phototherapy/sunbaths, vibration, electrotherapy, and more were a central aspect of the health regimen for patrons.

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
Leonardo Da Vinci
www.thoo.com.br
Filipe Acosta





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's 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.

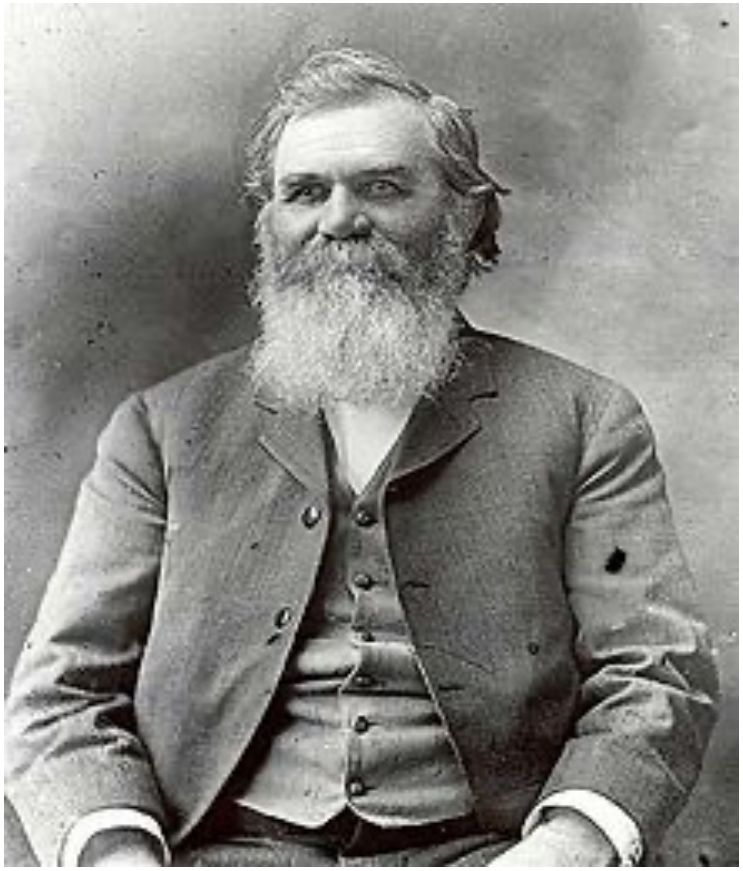
Early 20th Century

- **1943** – American Association of Masseurs and Masseuses – later called the American Massage Therapy Association (AMTA) – now 100,000 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 body workers.

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

Esalen Institute

- Commonly just called Esalen. Focus: humanistic alternative education - personal growth, meditation, massage, Gestalt, yoga, psychology, ecology, spirituality, and organic food
- Residential community and retreat center in Big Sur, California
- The institute still offers more than 500 public workshops a year, in addition to conferences, research initiatives, residential work-study programs, and internships.
- Founders: Michael Murphy and Dick Price
- Over the years Esalen hosted a notable influx of philosophers, physicists, psychologists, artists, and religious thinkers. The most important bodyworker to teach and reside at Esalen was Ida Rolf.

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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