

Chapter 1 A Historical Perspective of Massage

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Introduction

- *Massage* is defined as systematic and scientific soft-tissue manipulation for the purpose of obtaining or maintaining health
 - Term not used until 19th century
 - Origin of the word is unclear
- History of massage
 - Illustrate the path of the profession
 - Sense of connection with those who precede you

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The Prehistoric World

- In prehistoric times (i.e., before written records), evidence supports the position that massage was practiced around the world
 - In this period, extensive pictorial records show the use of massage.
 - Artifacts from several cultures depict use of massage
 - Only indirect evidence of medical massage

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The Ancient World

- China
 - Chinese records have revealed the practice of massage goes back as early as 3000 BC
 - First written records date back to this time
 - Amma, forerunner of other therapies
 - Nei Ching, a 1st century BC compilation of massage techniques
 - Called the classic scripture of traditional Chinese medicine

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The Ancient World

- Japan
 - By 6th century AD, had modalities similar to those in China
 - Shiatsu, based on the stimulation of tsubos (energy points)
- India
 - Ayur-Veda, a sacred Hindu practice present by 1800 BC
 - Manav Dharma Shastra, a set of legal codes, mentioned massage in 300 BC

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The Ancient World

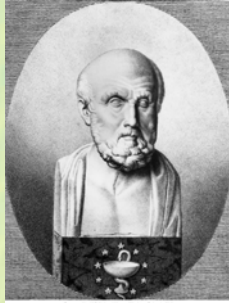
- Greece
 - Physician Æsculapius (c. 500 BC) and others formalized *techne iatrica* (healing science)
 - His holy snake and staff remain the symbol of the medical profession

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The Ancient World

- Greece
 - Hippocrates focused on individual patients, mentioned massage in several contexts; his collected works are called the *Corpus Hippocraticum*



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The Ancient World

- Rome
 - Aulus Celsus, a historian, wrote *De Medicina*
 - Asclepiades and the Methodists were Greeks living in Rome
 - Galen of Pergamon practiced and wrote *De Sanitate Tuenda* (Hygiene) in the 2nd century

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The Middle Ages

- Period of decline in Western medicine
 - Galen remained the authority in the West for centuries
 - Rise of several medical centers of learning and expertise in the 1200s

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The Middle Ages

- Expansion of Islamic world and synthesis by Persian physicians
 - Rhazes wrote during the 9th and 10th centuries
 - Luzzi wrote *Anothomia*, the first modern treatise on anatomy (1316)
 - Avicenna's writings from the 10th and 11th centuries, such as the *Canon of Medicine*, were used until the 1600s

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Renaissance & Enlightenment

- Early Renaissance practitioners and works
 - Vesalius's *De Humani Corporis Fabrica* (1543)
 - Paracelsus
 - Ambroise Paré
 - Girolamo Mercuriale's *De Arte Gymnastica* (1569) (first book of sports medicine)
 - Timothy Bright's *Hygienia and Therapeutica* (c. 1584)

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Renaissance & Enlightenment

- Enlightenment (early modern period) practitioners and works
 - From China, Chen-chiu ta-ch'eng
 - From Japan, San-tsai-tou-hoei
 - Giovanni Alfonso Borelli (analyzed muscle contraction)
 - William Harvey (analyzed blood flow)
 - Thomas Sydenham
 - Simon André Tissot

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Renaissance & Enlightenment

- 18th century saw incorporation of anatomical, physiological, chemical discoveries of the previous 200 years
- These systems provide rationale for gathering and dispensing new knowledge, adding prestige to the medical profession and helping weed out “quacks”

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The Modern Era

- Pehr Henrik Ling, Swedish physiologist and gymnastics instructor
 - Father of Swedish Massage and Physical Therapy
 - Ling’s system known by various names, and what is called Swedish massage was one component of overall system
 - Use of gymnastics to treat disease and injury
 - Three primary movements: active, passive, and duplicated

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The Modern Era

- Johann Mezger, Dutch physician
 - Promoted massage as rehabilitation to medical community
 - Introduced French terms
 - Translated Chinese books

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The Modern Era

- Massage in the United States
 - Taylor brothers brought Ling’s system to the United States in 1856
 - Douglas Graham was another follower of Ling
 - Hartvig Nissen opened Swedish Health Institute in Washington, DC
 - John Harvey Kellogg spread knowledge of massage to general public by publishing in popular press

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The Modern Era

- Massage and physical therapy
 - Just Lucas-Championniere’s techniques were used to treat the wounded in World War I
 - John S. Coulter was the first professor specializing in physical medicine

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Professional Massage Therapy

- In the UK, the Chartered Society of Physiotherapy
- American Society of Physical Therapy Physicians

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Professional Massage Therapy

- American Massage Therapy Association (AMTA)
 - Est. in 1943; originally called the American Association of Masseurs and Masseuses
 - Helped to establish the National Certification Examination
- Associated Bodywork and Massage Professionals (ABMP)
 - Est. in 1987 and is the largest organization serving massage therapists

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New Methods

- More than 70 methods classified
- Large number of new techniques have been developed in the United States since 1960

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Summary

- Massage and other complementary/alternative therapies have become more popular in the United States
- Increased popularity has promoted growth and evolution of the profession
- Respect for and use of massage has also grown
- Research establishing the effectiveness of massage is ongoing

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