



Chapter One

Historical Overview of Massage



What is Massage?

- Manual or mechanical manipulation of the body's soft tissues
- Involves movements such as pressing, rolling and tapping to evoke a therapeutic response in the recipient



Benefits of Massage

- Increases circulation of blood and lymph
- Relaxes and lengthens muscles
- Relieves pain and spasms
- Restores metabolic balance
- Improves range of motion
- Includes many other physical and mental benefits



Massage in Ancient Times

- Touch is a natural human response to relieve pain and discomfort
- Evidence of massage in ancient China, Japan, India, Greece and Rome
- Chinese and Indian medicine have included massage for 3000 years



Chinese Anmo Techniques

- 3000 B.C. – Records of massage in China
- Over many years, techniques improved through a process called *anmo*
- Specific points were massaged for relief
- Massage in modern China is called *tui-na*



Japanese Tsubo and Shiatsu

- A.D. 5000 – *Anmo* method entered Japan from China
- Location of points remained similar
- *Tsubo* – points pressed to stimulate circulation of fluids and *qi* (life force)
- Shiatsu – points pressed to stimulate nerves



Indian and Hindu Practices

- Massage practiced in India for over 3000 years
- Knowledge of massage came from China
- *Tschanpua* (massage at the bath) was an important part of daily life
- 1800 B.C. – *Ayur-Veda* (Art of Life) written
- 300 B.C. – *The Laws of Manu* written



Greek Massage and Gymnastics

- Massage spread to Europe from the East well before 300 B.C.
- Asclepius (6th century B.C.) combined exercise and massage to create gymnastics
- Founded first gymnasium to treat disease and promote health



Greek Massage - Hippocrates

- Hippocrates, a physician, called “Father of Medicine”
- Developed anatripsis – rubbing a part upwards
- Understood effects of massage and thought all physicians should train in massage
- Created the Hippocratic Oath, which is still used today



Roman Massage and Bathing

- Acquired concept from Greeks
- Retained idea of gymnastics and anatripsis
- Public baths available to both rich and poor
- Massage believed to improve circulation
- Galen, Greek physician to the Roman emperor and the gladiators, used massage



The Decline of Massage

- A.D. 180 (Fall of Rome): Popularity of bathing and massage diminished
- A.D. 476-1450 (Dark Ages): Fear, religion and wars minimized importance of self
- Massage abandoned as medical treatment
- Massage associated with magic and Satan



The Preservation of Massage

- Greco-Roman culture was preserved by the spread of Islam to Persia, Asia and Africa
- Two Persian writers
 - Razi wrote an encyclopedia of medical practices
 - Avicenna wrote *Canon of Medicine*



Renaissance of Massage

- The Renaissance (1450-1600)
- Medical fields embraced massage again
- Massage was taught in schools of higher learning with anatomy, physiology and pathology



Massage in the 1700s

- John Grosvenor (1742-1823): Chirurgy
- Per Henrik Ling (1776-1839), called father of physical therapy and medical gymnastics
- Mathias Roth, physician, studied with Ling
- Roth treated Charles Fayette Taylor, a New York physician, who introduced massage to the United States



Massage in the 1800s

- Dr. Johann Georg Mezger (1839-1909), a Dutch physician, founded scientific massage
- Coined the terms used today: effleurage, petrissage, tapotement and massage
- In Germany, Denmark, Norway and Sweden, physicians recommended massage



Massage in the 1900s

- Decline in scientific and medical use of massage
- Numerous abuses within the education and profession of massage were publicized
- Technical advances (electricity, vibrators) negatively impacted massage arts



Contemporary Developments

- Emil Vodder – Manual Lymph Drainage
- Elizabeth Dicke – *Bindegewebsmassage*
- James Cyriax – Deep Transverse Friction
- Tappan's *Healing Massage Techniques* and *Beard's Massage* still used today
- Post-war rehabilitation for soldiers



Massage in the 1960s

- 1960s to today: rise in massage popularity
- Contributing factors
 - Increased cost of traditional medicine
 - Development of wellness model
 - Proven psychological benefits of touch
 - Chiropractic merging with massage



Massage in the 1970s

- Increase in number of massage schools
- AMTA created
- *The Massage Therapy Journal* published
- Increase in number of bodywork styles



Massage in the 1980s

- ABMP and IMA created
- *Massage and Bodywork* and *The Massage Magazine* emerged
- Ten U.S. states regulated massage
- Sports massage – 1984 Summer Olympics
- David Palmer developed chair massage



Massage in the 1990s

- Emphasis on massage research; grants available from NIH and NCCAM
- NCBTMB began administering the National Certification Examination
- State regulation of massage increased
- Third most common CAM modality used



Future of Massage

- Continued research increases validity and acceptance of massage with the public
- More states regulating the profession and improving educational standards
- Increasing availability (spas, chiropractic, physical therapy, wellness clinics, gyms)



Five Basic Massage Systems

- Swedish
- German
- French and English
- Chinese acupressure
- Japanese shiatsu



Other Beneficial Systems

- Sports Massage
- Polarity Therapy
- Trager Method
- Rolfing
- Reflexology
- Touch for Health
- Neuromuscular Techniques
- Craniosacral Therapy
- Many others