History of Massage #1

You Make History
• History of massage – begins well before recorded history – even with animals.
• Importance of touch in mammalian development.
• Touch “automatically” used to relieve pain.
Origin of the Word

• 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)
China

• Practice of massage documented first in China as early as 3,000 BC – 1,000’s of years before mention of acupuncture.

• Early form – Amma

• Many mentions in Yellow Emperor’s Classic – Nei Ching ca. 100 BC or earlier.

• Much later Amma evolved into shiatsu in Japan.
India and other Cultures

- In India – massage practice was informed by early anatomical and energy concepts (nadis, chakras, kundalini)
- Other Asian and Polynesian cultures developed massage during these early years.
- We can only speculate re other cultures having similar traditions of bone-setting, head-molding arising from midwifery, etc. Slavs, Mayans, Incas, native Americans
Greece

- Greece – legendary physician – Asclepius – his holy snake and staff still in the caduceus.
- Hippocrates of Cos 460-375 BC: “First, do no harm.” – father of Western medicine. Recommended friction, setting joints by leverage, working with soft, gentle hands.
Rome

• In Rome: Asclepiades built a new theory of disease, based on the flow of atoms through pores in the body. His treatments restored harmony through massages, diet, exercise, and bathing.

• In many cultures, purification of the body was considered part of the context for worship.

• Galen of Pergamon (130-200AD) – unified knowledge of anatomy and medicine (authority then for many centuries).
Middle Ages

• Avicenna 980-1037 AD – helped keep classical medical knowledge alive in the Mideast while it declined in the West’s Middle Ages.

• In Europe fundamentalist beliefs led to horrific executions of many people utilizing natural remedies.
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)
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’ assistance).

• Ling “democratized” exercise in Sweden – recommended it for everyone!

• Johann Metzger (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.

• 1943 – American Association of Masseurs and Masseuses – later called the American Massage Therapy Association – now 58,000 members.

• 1987 - Associated Bodywork and Massage Professionals – 80,000+ members
Contributions from Manipulative Therapy

- Spinal manipulation, practiced along with massage, in many world cultures from ancient times on.


- 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
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 bodyworkers.
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


- Became first woman White House physician.

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