

69a History of Massage: Modalities

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Class Outline

5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

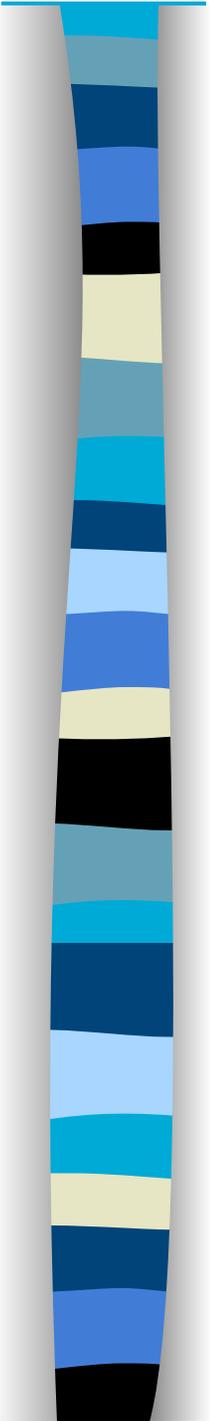
Lecture:

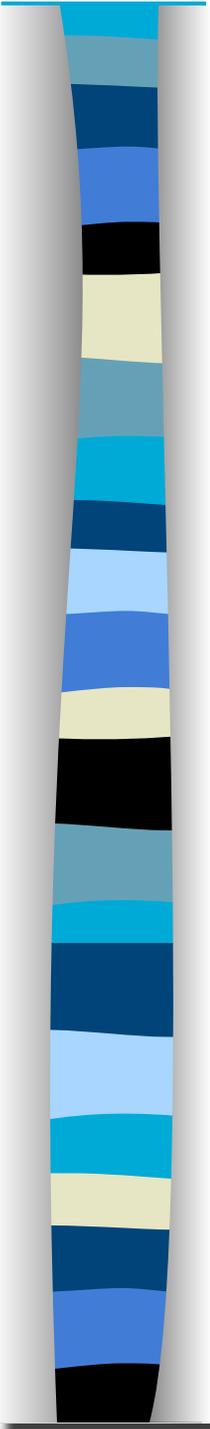
15 minutes

Active study skills:

60 minutes

Total



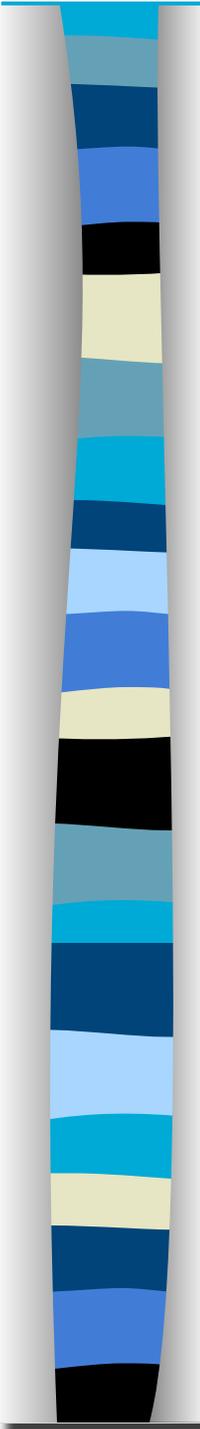


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Class Reminders

Preparation for upcoming classes:

- 70a Written Exam (4 hours)
- 70b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage (30 minutes)
 - Packet C: 11-12.



Classroom Rules

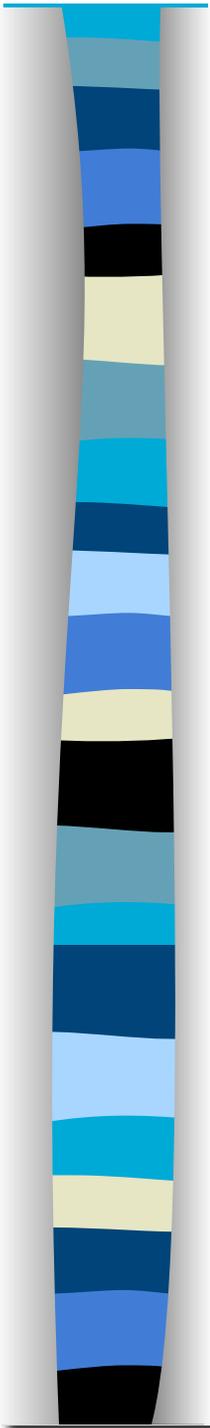
Punctuality - everybody's time is precious

- 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.

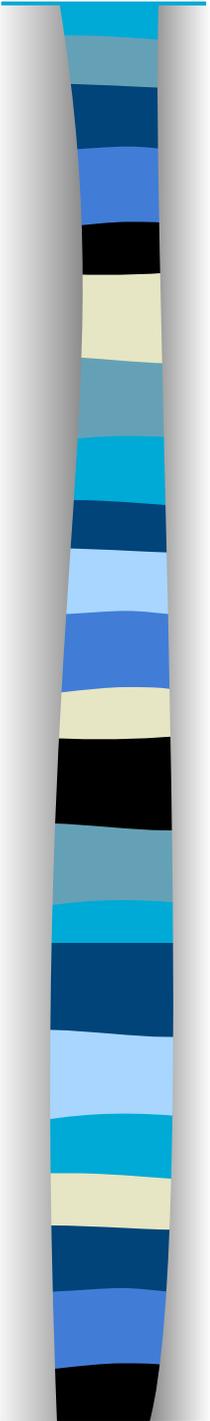


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Thai Massage

Thai Massage

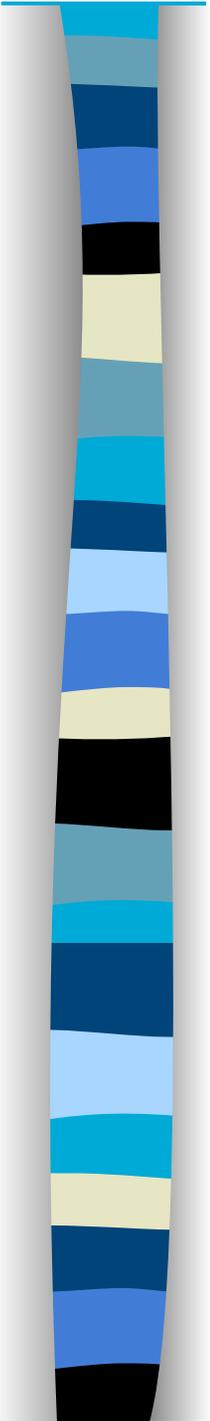
- Far older than shiatsu, Thai Massage can be linked back to early Buddhist yoga.
- Uses similar ideas as meridians, but somewhat different language and somewhat different “routes” and directions for the energy flow in the body.

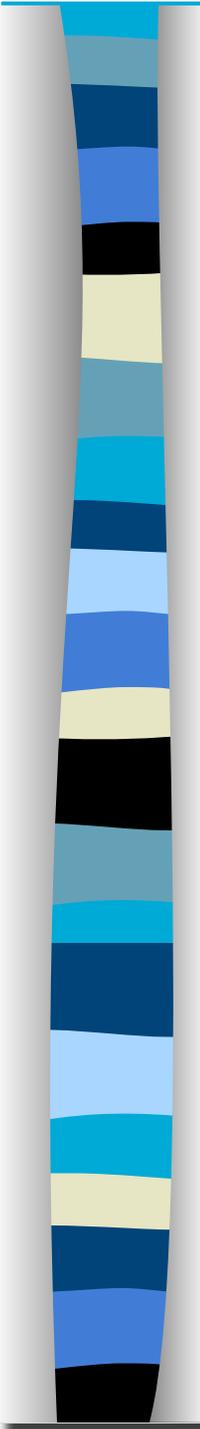


Energy-based Therapies

Reiki

- Japanese in origin.
- Uses a model that one is channeling “Reiki energy”.
- Can be done hands-on or hand-off.





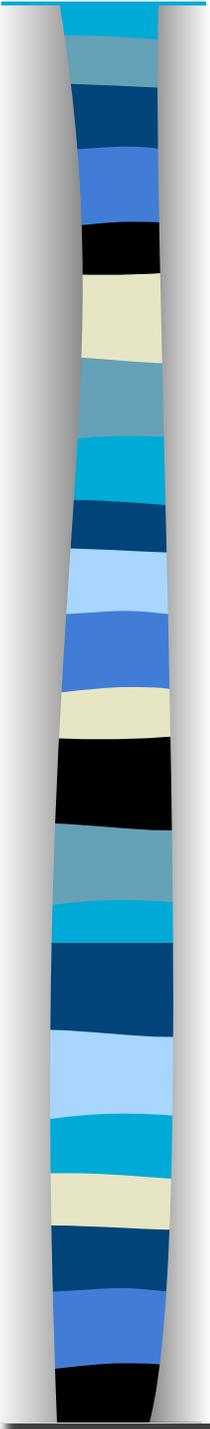
Energy-based Therapies

Therapeutic Touch

- Hands-off, non-contact therapy.
- Developed by Dolores Krieger and Dora Kunz in the 1970's
- Dolores Krieger was Professor Emerita of Nursing Science at New York University
- Dora Kunz was a promoter of Theosophy and one-time president (1975-1987) of the theosophical Society in America.

NOTE:

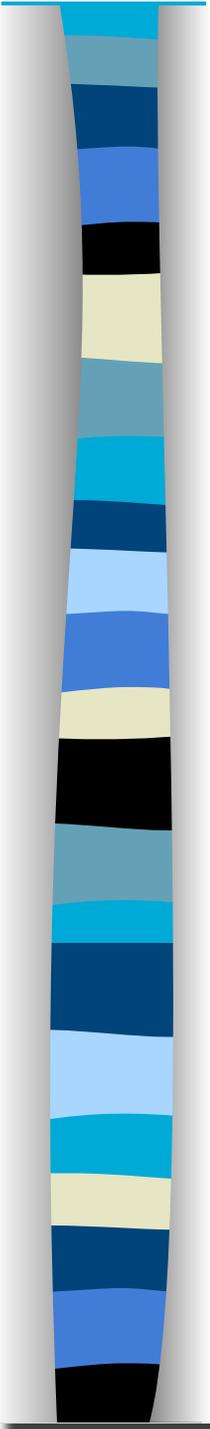
- The goal of theosophy is to explore the origin of divinity, humanity and the world.



Clinical Approaches within Massage Therapy

Ben Benjamin

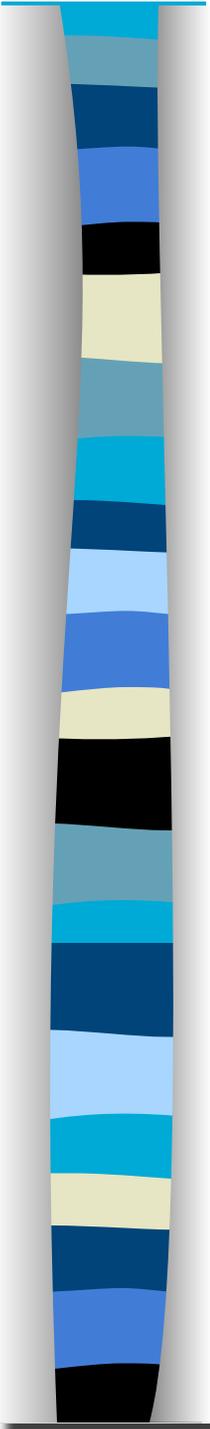
- Founder of the Muscular Therapy Institute in Cambridge, MA.
- Author of Listen to your Pain and other books.
- Disciple of James Cyriax, the orthopedic surgeon who systematized the assessment of injuries and use of cross-fiber friction to help recovery be more thorough, speedier, and longer-lasting.



Neuromuscular Therapy

Neuromuscular Therapy

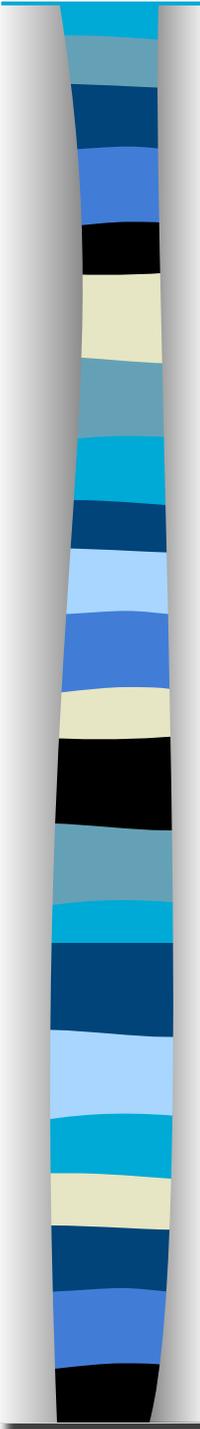
- Judith Walker Delaney and Paul St. John are key to the development of NM therapy.
- They developed trigger point work with a more elaborated theory for how the nervous system is involved.
- This work drew on the work of Dr. Janet Travell and Dr. Nimmo (chiropractor).



Sports and Orthopedic Massage

Bob King

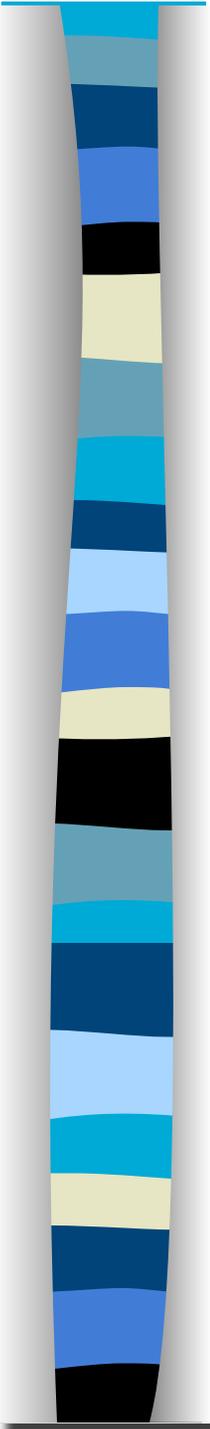
- 1948-2013.
- Founder of Chicago School of Massage Therapy.
- Also an early and important president of AMTA (American Massage Therapy Association).
- Great teacher and promoter of Sports Massage.



Sports and Orthopedic Massage

Benny Vaughn

- Former athlete.
- Certified Athletic Trainer and Strength and Conditioning Specialist.
- World-renowned expert in training and massage for athletes.



Sports and Orthopedic Massage

Whitney Lowe

- Founder of OMERI (Orthopedic Massage Education & Research Institute).
- Author of Orthopedic Massage and Orthopedic Assessment in Massage Therapy.

Craniosacral Therapy

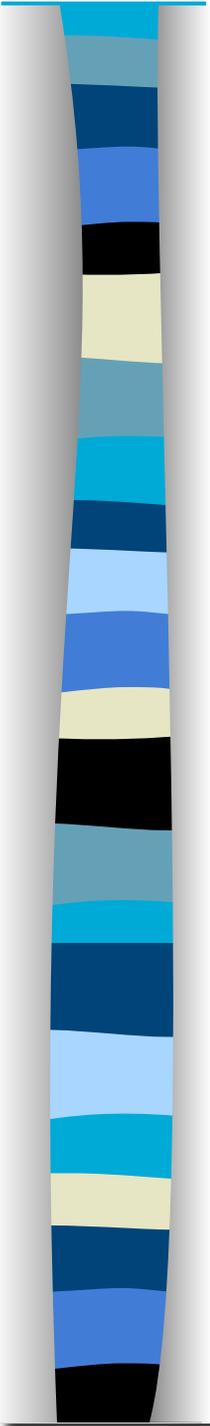
William Sutherland

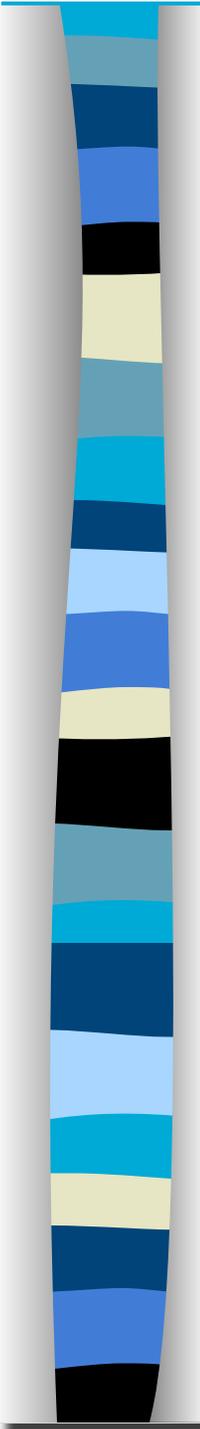
- 1873-1954.
- Developer of cranial osteopathy.
- Promoted healthy movement/alignment of cranial bones, meninges, and cerebrospinal fluid.
- Dr. John Upledger (1932-2012) simplified Sutherland's cranial osteopathy and began marketing and teaching it in the 1970's

Movement Therapies

Milton Trager

- 1908-1997.
- Trager method uses non-intrusive movements to promote better health, movement, and ease in body and mind.





Movement Therapies

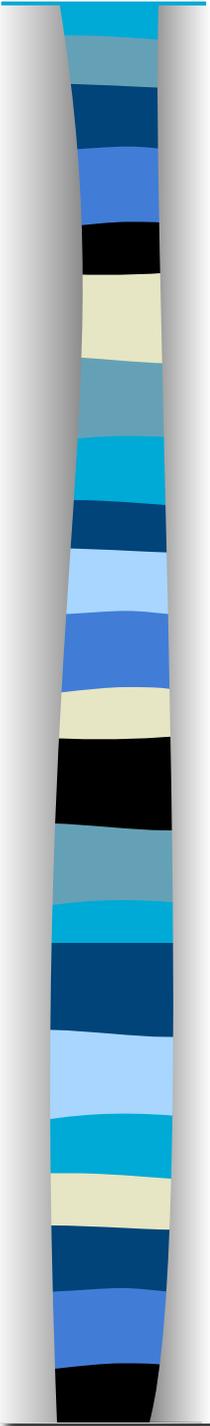
Aston Patterning

- Developed by Judith Aston in 1977.
- An educational process that combines coaching, movement coaching, bodywork, ergonomics, and fitness training.

Movement Therapies

Moshe Feldenkrais

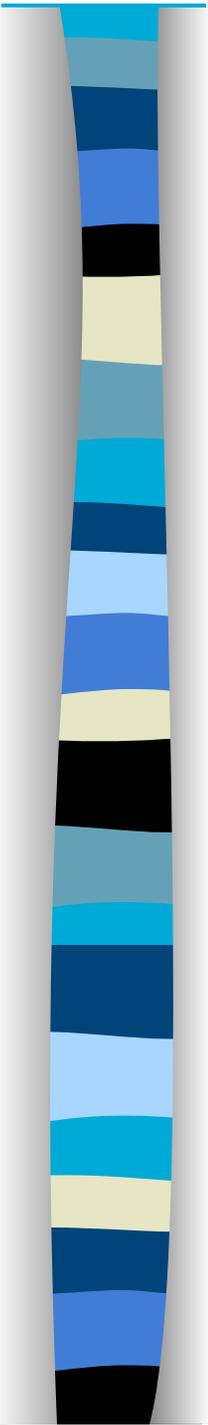
- 1904-1984.
- Feldenkrais method uses slow, focused active or passive movements to undo dysfunctional neurokinesthetic habits and replace them with more efficient ones.



Structural Integration

Ida Rolf

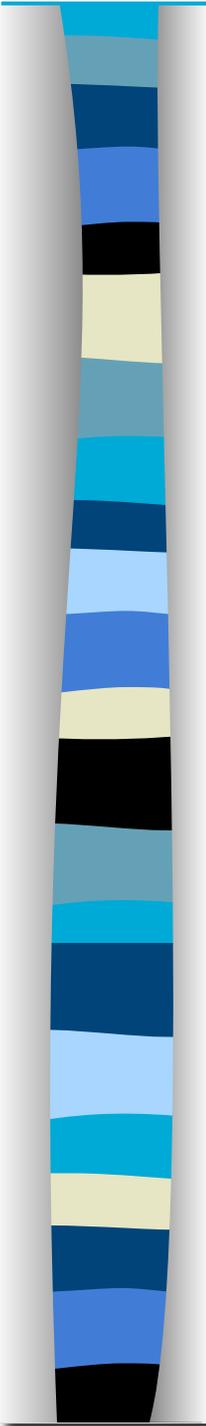
- 1896-1979.
- Developed “Structural Integration”, aka “Rolfing”.
- Considered the “Einstein” of 20th century bodywork.
- Rolfing uses 10 sessions for restructuring the body by systematically repositioning the fascia.
- “Gravity is the therapist”.



Structural Integration

Tom Myers

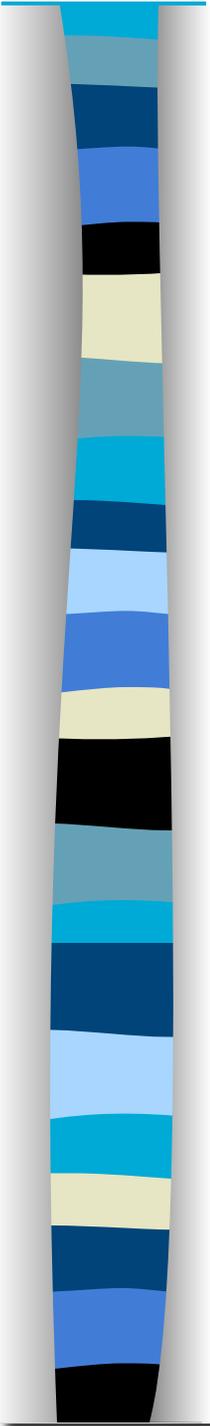
- Rolfer who developed a system for analyzing anatomy of fascia called Anatomy Trains.
- His version of Rolfing is called Kinesis.



Structural Integration

Daniel Blake

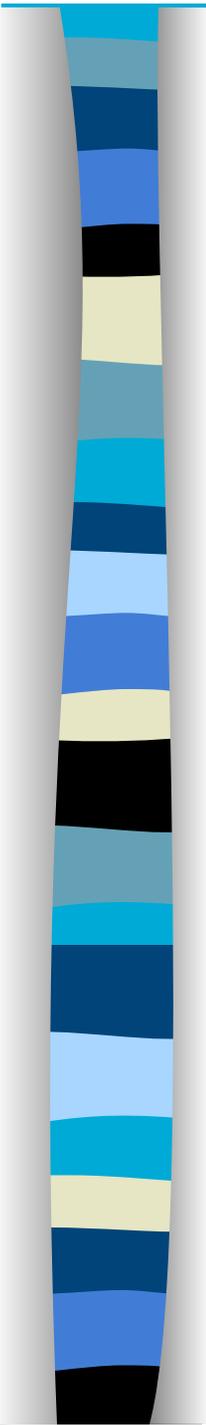
- Rolfer who taught Rolfing the way Ida worked, not by the 10 session plan.
- His version is called Structural Bodywork or Postural Kinesiology.

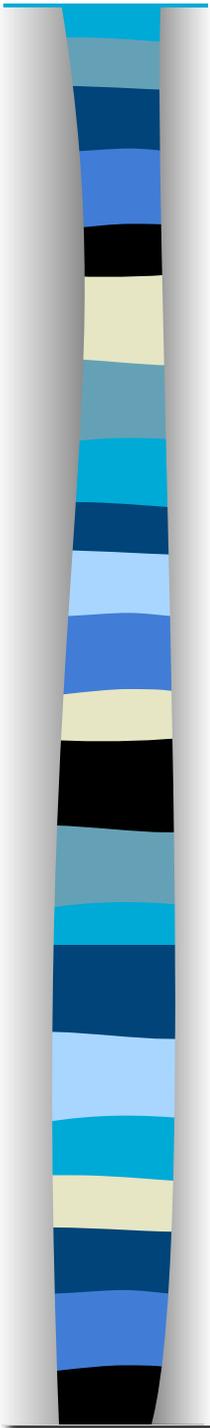


Structural Integration

Zero Balancing

- Developed by Fritz Smith, who is a Rolfer, a doctor, 5-element acupuncturist, and author of two books:
 - Inner Bridges
 - Alchemy of Touch
- ZB promotes deep health through focus on the skeletal system's structure and the energy flowing through it.





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